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Health and Long Life Series No. 1.

HEALTH AND LONG LIFE

(Second Edition--Revised and Enlarged)

BY

SWAMI SIVANANDA
"ANANDA KUTIR," RISHIKESH (Himalayas)



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OM

**DEDICATED
TO**

*Mother Prakriti, the Nature Healer,
Lord Dhanwantari, incarnation of Lord
Vishnu, founder of Ayurveda,
The two Aswins, the celestial doctors,
Rishis Charaka and Susruta,*

OM

PUBLISHERS' NOTE

No one really LIVES, but an aspirant. And, Health and Long Life are even more necessary to a sincere aspirant than to a worldly man. An aspirant's life is precious both to himself and to humanity in general; if his own care and humanity's attention and aid, enable him to live a vigorous spiritual life, he would in turn serve humanity as no one else could.

O Aspirants ! Here is a manual of health for you, which will show you the path to live fully, to live vigorously, and to keep this instrument of Sadhana (the body-and-mind) in a fit and healthy condition, this temple of God clean and worthy of His indwelling and manifestation.

Sri Swami Sivanandaji Maharaj has, from very early in his earthly life, had a great love to serve the aspiring souls, and humanity in general in the matter of health and relief from suffering. He was a doctor in his Purvashram ; and he was the Editor of a Health-Magazine "Ambrosia" ; and in Malaya he spread the knowledge of health and hygiene through journals and news-papers ; in Rishikesh as a Sadhu he served countless patients ; in the Sivanandashram, he has established a Charitable Dispensary to treat the poor. Do all these not bespeak of the great love he has to see that all men and women were disease-free, and free to tread the Path of Divine Life and attain Divinity ?

Here in this book "Health and Long Life" Sri Swamiji Maharaj has given natural methods of getting

rid of diseases and of acquiring radiant health. A unique feature in Sri Swamiji's prescription is that he takes the treatment to the very soul of the patient and, therefore, always adds a few divine ingredients to the "mixture" he prescribes !

A study of this work will, therefore, not only enable you to gain health and longevity, but will initiate you into the mysteries of life, and of attaining immortality.

The first edition had literally vanished from our shelves ; and there has since then been an insistent public demand for a reprint of this priceless treasure. By His Grace, we have been able to bring out a reprint of this monumental work ; and the glory of this achievement belongs to the munificent assistance which we have received from Sri Kashiram Guptaji and Sri Banaresilal Kediaji of Messrs. Kashiram Banaresilal Ltd., of Calcutta. To them we tender our grateful thanks.

Ananda Kutir,

Swami Chidananda,

Publisher.

P R E F A C E

In a normal state of health the work of repair sets in at once. If the blood stream is impure, the task of restoration is impeded. In extreme cases it may be made even impossible. As is the case with our own constructional craftsmanship, Nature requires the right material with which to build anew.

Body building is the foundation of nation-building. Building the body through Nature's aids. Avail yourself of the healing agencies of Nature—the sun, water, air, earth, steam, fasting, herbs etc. Observe the laws of eating, drinking, sleeping, thinking and conducting oneself, as laid down by the ancient Rishis and Sages. Live in tune with nature. Use the herbs and greens.

He who observes the rules of health and hygiene, who is moderate in eating, drinking and other things, who is regular in his prayer, Japa and meditation, who is free from jealousy, pride and hatred, who observes Brahmacharya, is free from diseases. He is healthy and attains longevity.

As a wise gardener acts in obedience to the laws of nature, so we should obey the rule laid down for us that we should treat our bodies as instruments of an infinite power and not as opponents to its purpose. Nature requires but slight attention on our part in the task of maintaining good health. Pure food, cleanliness, rest and reasonable exercise, these represent the easy service expected of us for our health, comfort

and repair, and in turn we may derive a thousandfold of blessings.

In these days allopathic treatment has become very costly. The allopathic doctor stands ready with his syringe to inject in all diseases. There is too much drugging. There are too many patients. A patient is saturated with pills, tablets, powders, mixtures etc. The whole system is clogged. Any injudicious treatment that is not in harmony with nature aggravates the disease and causes a lot of distress and no end of troubles.

The patient has to stand separate fees for the medical Sapta Rishis, for the doctors, who examine the blood and motions, for the radiologist who use the X-rays and for the specialists who examine the teeth, the heart and the throat.

If the Ayurvedic Vaid or Kaviraj does not burn the metal properly, the Bhasma or the oxide causes highly deleterious effects and produces some other diseases.

Every system has its own drawbacks or defects. But Naturopathy stands unrivalled, because mother nature acts as a kind and able physician. No foreign matter is introduced into the system. Nature's agencies are utilised. All the methods that are employed are best calculated to help the action of Nature. No ill effects will follow. Even diseases that are pronounced incurable and hopeless by Allopaths and Kavirajs are successfully cured by Naturopathy. Naturopathy is the divine system of treatment. It is the system adopted by our ancient Rishis and sages. It is not costly. It is

the cheapest and most efficacious. It is unfailing and infallible. A time will come when people will be tired of all other 'pathies' and will take sole refuge in Naturopathy alone.

We look to the day when every one shall be his own healer, using the surest and freest healing agencies—the sun, water, air, earth, steam, etc. We look to the day when we shall have naturopathy institutes in every town, city and village, where patients are healed by living in tune with Nature and by using the herbs and greens grown in the same soil. We look to the day when foreign drugs drain our resources no more, when we rely upon the simple herbs grown in our home-gardens. We look to the day when the children of this soil observe the laws of health and hygiene laid down by the ancient Rishis and Seers of India.

May such Naturopathic centres multiply everywhere and restore the people to perfect health and their pristine glory !

PRAYER TO MOTHER NATURE

O Mother Nature ! Salutations unto Thee,
 Thou art the Sakthi of the Lord,
 Thou keepest the world show,
 Thou art all-merciful and kind.

Thou art the Vitamins A. B. C. D. E.
 Thou art the harmone,
 Thou art the body, mind and senses,
 Thou art the fruits, milk and nuts.

Thou art energy, vigour and vitality,
 Thou art health, disease and Nature Cure,
 Thou art the Naturopath and Naturopathy,
 Thou art life, intelligence and consciousness.,,

Thou art the bath, and diet cure,
 Thou art the cell, gland and tissue,
 Thou art ultra-violet rays,
 Thou art the sun and the sun cure.

Thou art the doctor and the patient,
 Thou art the herb and the juice,
 Thou art power, motion, and light,
 Thou art the minerals and salts.

O mother divine ! Adorations unto Thee.
 Reveal Thy true form unto me
 Give me health and long life,
 Give me wisdom, light and power.

Let me behold Thee in all things,
 Let me remember Thee at all times,
 Let me see Thee in all forms,
 Let me feel Thy presence everywhere.

Shower Thy Grace on me
 Help me to merge in Brahman—
 Thy consort, Lord and Partner
 The Refuge, the Centre, the Goal of all.

HEALTH AND LONGEVITY

He who drinks and has no thirst,
Or eats and has no hunger ;
He who does not take any exercise,
Suffers illness and dies young.

He who wastes much the vital fluid,
He who uses tobacco,
He who takes heavy dinners,
Suffers illness and dies young.

He who drinks buttermilk,
He who eats tomatoes and lemons,
He who walks three miles daily,
Is healthy and attains longevity.

He who is moderate in everything,
He who bask in the Sun,
He who takes cold bath,
He healthy and attains longevity.

He who is ever busy,
He who talks only a little,
He who drinks water in the early morning,
Is healthy and attains long life.

He who takes spinach or palak,
He who gets up when he is still hungry,
He who observes silence during eating,
Is healthy and attains long life.

He who fasts and meditates,
He who eats to live,
He who takes to Nature-cure,
Is healthy and attains immortality.

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HEALTH AND LONG LIFE



CHAPTER I

NATURE CURE

I. Naturopathy or Nature Cure

Hari Om ! Naturopathy is an exact science. It aims at restoring natural conditions of health through natural living and nature's means. It is the science of healing in which the help of nature is resorted to. It does not cost you much. It is cheap yet potent. In days of yore nature cure was in great vogue in India and in the whole world, too. It became a lost science. But it is now being vigorously revived. Louis Kuhne of Germany has done much in the propagation of this science of healing.

Every human being is the author of his own health or disease. Disease is the result of disobedience of the immutable laws of health that govern life.

Nature cure is as old as the Vedas and this world. It is the oldest of all systems of health and healing. The ancient Rishis of India took recourse to this system. They used water-cure, air-cure, herbal-cure, fast-cure, sun-cure and diet-cure. They suggested drinking cold or tepid water in the morning, 'Ushapani' treatment, for the removal of constipation and other diseases. They taught Asans and Pranayama for the removal of various diseases. They used powerful herbs in the treatment of various ailments. They prescribed sun-bath, gazing at the sun, Suryanamaskars, chanting of Surya Mantra for regaining energy, Tejas and Ojas.

Sun-bath increases the haemoglobin (iron) in the blood and replenishes vitamin 'D'.

Fasting is nature's greatest curative agent. It can restore health when everything else has failed. It is the one sure method of bringing your health back to you and renovating and overhauling your whole system. Many incurable diseases are cured by fasting. A motor car is sent to the workshop and is completely overhauled there. It runs like a new car when you take it out. Even so, this body-car will work very efficiently when it is overhauled by fasting. It will be healthy and strong.

If the sewage system of a city gets clogged up, the municipal people flush it with water. If your system gets clogged by over-eating, stop eating. Drink plenty of water often and flush the intestines and the urinary system. All irritants and undigested particles, all poisonous substances, will be thrown out of the system. Do this and realise the wonderful benefits.

The habit of always remaining in suits and boots is highly deleterious to health. Give up tight collars. They constrict the blood vessels of the neck and impair health. Expose the body to air as much as possible. Wear only a dhoti and a towel at home. Occasionally walk barefooted.

Simple, bland, non-irritating, wholesome food, occasional fasting, pure water, fresh air, sound sleep, sun-bath, regular exercises stopping short of fatigue, are highly potent nature's remedies. Utilise them to your best advantage and enjoy beautiful health. They

will keep your body quite healthy and strong. They will ensure not only the preservation and prolongation of life to its utmost span of natural existence but also its restoration to normal functions when diseased by morbid influences. They will effect cure in incurable diseases which baffled all attempts at cure by all eminent physicians of other systems. They will help to restore your lost health better than all the doctors' injections, tablets and the chemists' tinctures and patent medicines and Vaid's Bhasmas or metallic oxides.

Lead life in tune with nature. Observe the laws of health and hygiene. Keep your unique body-machinery in perfect working order. Maintain vigorous health and strength. It will help you to discharge your duties in a satisfactory manner, to secure a speedy spiritual evolution, to develop your latent divine qualities and to do Yoga Sadhana efficiently for the attainment of the final beatitude or Moksha.

2. Go Back to Nature

Salutations to Mother Nature who is the Sakti of the Lord, who nourishes and sustains all, who is known by different names, Maya, Energy, Avyaktam (the unmanifest), Mulaprakriti, Avyakritam (the undifferentiated !

Without good health you cannot achieve anything in the material or the spiritual line. Good health is a coveted possession of all. Therefore preserve good health by natural ways of living.

The natural form of treatment is the best form of treatment. Nature's cure is the best cure. Natural living is the best living. Natural food is the best form of food. Be natural in all ways of living. You will enjoy good health, long life and happiness.

In truth, nature does everything in the cure of all diseases. That doctor who tries to help nature is a judicious doctor. He who goes against nature and administers drugs injudiciously is an ignorant man. He who says, "I have cured such and such a disease," is also an ignorant man. Avoid drugging. Give up high and loose living. Eat simple, natural foods. Live in the open air. Take cold bath. Be moderate in food, drink and everything else. Wear simple dress. Bask in the sunshine. Enjoy the ultra violet rays in the morning. Take exercises regularly. Eat to live. Do not go to doctors frequently. Give rest to the organs by occasional fasting. Take raw things as much as possible. Do not throw the *conjee* or mand of rice, the water from the boiled vegetables. Use just enough water to cook them properly. You will be healthy, strong and vigorous. You will be endowed with a high standard of vigour, vim and vitality.

Most diseases are due to the so-called modern civilisation and artificial way of living. Go back to nature. You need not pay any fees to the doctors.

Disease is due to violation of the laws of health and hygiene. Disease is due to ignorance. Do not identify yourself with the body. Identify yourself with the diseaseless, bodiless and sexless Atma. Attain knowledge of the Self and enjoy eternal bliss.

NATURE CURE

The animals live a natural life. How healthy and strong they are ! They have got more self-restraint than man. Man only boasts of his intellect, violates the laws of health on account of his vanity and suffers from various diseases.

There is too much doctoring and injections these days. This is the injection age. More qualified doctors are coming out of the universities. More diseases also are cropping up daily ! Doctors make research, and yet they are ignorant ! They can do nothing in Asthma, Eczema, Phthisis, Leprosy, Diabetes, Cancer, etc. They are only experimenting and experimenting. That is all. They have not found out specifics or sovereign remedies. They are still groping in the dark.

Nip the malady in the bud. Do not allow it to strike deep root. Your body is a mysterious machine. You are its driver. Learn how to take care of it properly, how to run it smoothly and efficiently and how to repair it when it gets out of order. Become a master-driver of this wonderful machine. Endeavour to qualify yourself as an expert nature-healer. Obey nature's laws. Shun drugs. You cannot find health in bottles with beautiful labels. Do not be carried away by pompous advertisements. Health is nature's reward for obedience to her laws. If you obey the laws of nature, the curative and reconstructive forces within your body will rebuild and renew your cells and tissues and heal them and remove the deleterious effects caused by disobedience of nature's laws.

The man who does not care for his health, who

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leads a happy-go-lucky life, who is a glutton, is a sinner and a criminal. He must be rigorously punished. He has no business to be sickly when he can have abundant life, vitality, energy and health by natural ways of living and by observing the simple rules and laws of health and hygiene.

Shun *rabbies* (*basandi*) *rasagullas* ruthlessly. In Bengal one out of five is suffering from diabetes. Horrible and pitiable ! This is due to taking too much of *rasagullas* and sweetmeats. After all, man wants very little food on this earth. The palate and the tongue kill him. Man should pay the penalty. He transgresses nature's laws. He must suffer. He must learn lessons.

The juice of a small lemon, spinach, one or two tomatoes, a little fresh cocoanut, bananas, grams soaked in water, green gram sprouts, half a seer of raw milk two tea-spoonfuls of honey, can give you wonderful health, vigour, vitality and longevity.

O man ! why are you lingering with disease and poor health ? Why are you dragging a cheerless existence ? Enjoy the joys of health supreme by treading the path of nature. Swim in nature's sweetest stream. Take a plunge bath in it. Float in it and rejoice. Be always healthy, wealthy, strong and wise.

May you all enjoy good health and long life by observing the laws of nature, rules of health and hygiene ! May you all possess an exact knowledge of the wonderful science of Naturopathy !

3. Philosophy of Nature Cure

The nature cure system aims at making every one his own doctor. Naturopathy declares with emphasis "All diseases can be perfectly cured and a high standard of health can be maintained, by such simple natural measures as fasting, proper exercise, the judicious use of hot and cold water, the exposure of the body to the invigorating, energising and revivifying effects of the sun and the air, simple, natural foods, etc."

According to Naturopathy, the cause of all diseases is the non-elimination of waste from the body, the overloading of the stomach, already suffering from the effects of dyspepsia, and the accumulation of decomposing waste materials in the system.

Naturopathy takes recourse to the natural methods of diet, exercise, bathing and massage, internal cleaning, restricted diet, fasting, sun-baths, open air life. It allows the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood to and removal of obstructions from the excretory systems or the circulation in the tissues.

Some intelligent and sensible allopaths have now entirely given up the germ-killing method of treatment. They have found it absolutely useless to hunt for drugs, vaccines, phycacogens and serums to kill the microbes or the pathogenic bacilli. They are tired now of intravenous and sub-cutaneous injections. They are forced to admit that the simple, natural remedies of Naturopathy—cold water and fasting in Typhoid fever

and the open air treatment in consumption—are the only useful methods to combat successfully these terrible foes to happiness, health and life. If these sensible doctors would continue their researches and experiments along these natural lines, they could do more good to suffering humanity and the poor at large. They would certainly obtain infinitely more satisfactory results than through their germ-hunting and germ-killing theories and practices. Mother Nature will undoubtedly bestow on them her rare gifts and blessings as they now move quite in harmony with her.

Allopathy and all other such systems treat the surface only, suppress the disease and drive it inwards. But nature cure treats the cause and extirpates the disease altogether. Nature cure school is the school of the ancient and present Rishis of India.

When the alimentary canal is quite clean and healthy, when it is free from morbid decomposing matter—the result of constant constipation, wrong living and faulty diet—when there is no toxic waste and other putrefactive matter in the bowels and stomach, when you possess a high vitality, no germs or bacilli can develop in the system. They cannot do any harm or damage even if they exist. They are quite harmless without such a soil. Germs flourish only when the alimentary canal is full of bad, decomposing materials. Remember this point well. Warm water enema, fasting, sun-bath, exercise and fresh air, act as potent, natural germicides or serums or vaccines.

May you all understand the technique, philosophy, method and rationale of this glorious system and

practise Nature Cure with full vigour, faith and zeal and attain health and long life !

4. Glory of Nature Cure

Naturopathic treatment is much in vogue in America. There are beautiful Naturopathic Institutes and able Naturopathic doctors in America. In Europe also it is prevalent. In India, it has begun to gain ground only recently, though she is the original home and birthplace of Naturopathy.

Naturopathy declares that all diseases are really one, though the symptoms are many and different, and that they take their origin from one cause, viz., the accumulation of filth and toxic waste matter in the system due to wrong feeding and wrong living. According to Naturopathy there is only one disease and one treatment.

Louis Kuhne takes recourse chiefly to hydropathic treatment, or the use of various kinds of baths and natural diet. Other Naturopaths have combined fasting, sun-treatment, chromopathy, etc.

When one undergoes naturopathic treatment, he should give up oil, sugar (white or black), salt, chillies, tamarind. Naturopaths say that the sugar contained in the fruits is quite sufficient to supply energy and heat to the body and that there is no necessity to take any extra sugar. If the digestion is strong, Naturopaths give bananas, cocoanuts, etc. If it is weak, they give fruit juices, orange juice, grape juice and mossimbi juice.

Orthodox Naturopaths do not recommend any food-stuffs cooked through heat. They give raw milk, raw vegetables, fruits, cocoanuts, etc. Naturopaths of the liberal school allow their patients to take vegetable-soups and cooked vegetables also.

In allopathic medical books written by great doctors, it is clearly said that there is no use of drugging in diseases and that nature's help by way of open air, proper diet, hygienic measures, hydropathy, sun-bath, must be sought for. They are also coming to realise the value of this kind of treatment.

Some Allopaths laugh at Naturopaths and Naturopathy and say, "We have found out the true cause of diseases through the microscope. Germs cause disease. We have found out proper injections to kill those germs. What can Naturopathy do in curing these diseases!" Naturopaths are ready with their proper answers, and they laugh at the Allopaths and say, "Look at these Allopathic doctors. Everyday they are bringing new theories. One injection about which they speak very highly today fails tomorrow. They invent some other new injections. They have no specifics to cure Asthma, leprosy, consumption, cancer. They are only making experiments. They said that small-pox inoculation will give protection for 12 years. It is a thorough failure", and so on.

Allopathy has a large following and backing. Allopathic doctors are rich and abundant. Naturopathy is like an orphan, but it has divine support. It is shining like a distant star. Truth is Truth. When allopathy fails to cure a disease, the patient runs to

take refuge in Mother Nature and her cure. A day will soon come when the whole world will abound with rich Naturopathic institutes and renowned Naturopaths.

CHAPTER II RADIANT HEALTH

1. The Human Body

This mysterious human body, the temple of God, the nine-gated city or Navadwara Puri of Brahman, is a marvellous palace for the Immortal Soul or the Antaryamin or the Indweller. It is a product of the Prarabdha Karma of Jiva or the individual soul. It belongs to Jiva and to Virat also. The sum total of all physical bodies is Virat Purusha. It is the most marvellous and delicate machine in the world. Its mechanism is highly complex. Even the most eminent doctors of the world have not yet completely understood its structure and working. Still they are making research on it.

A single, virulent microbe can destroy it in a minute. It is surrounded on all sides by various enemies, and yet man lives. This is a great mystery. This is due to the grace of the Lord. The force of Prarabdha protects it and nourishes it. If you reflect for a minute seriously on the structure of this wonderful human machinery, you will be struck with amazement

and awe. You will have a strong conviction of the existence of God, the creator of this body and the Master Architect.

This body begins with one ovum or egg. A single cell is the smallest living unit. It consists of a mass protoplasm and a nucleus. This body is composed of cells. Cells form into various kinds of tissues, such as muscular tissue, fatty tissue, bony tissue, nervous tissue, etc. The ovum divides itself in the womb of the mother. One becomes two, two become four, and so on. The ovum of the mother unites with the sperm of the father and gives rise to the formation of the foetus. The foetus derives its nutrition from the blood of the mother.

The number of bones in the body total to 206. The bones are formed out of earth.

The important organs of the body are the heart, lungs, brain, liver, spleen, pancreas, stomach, the small intestines, the large intestines, kidneys, bladder, testes. The heart pumps blood into the arteries. The arteries carry pure blood from the heart. The lungs carry on the process of breathing. The brain is the seat for the mind. The liver generates bile, a kind of digestive juice. It stores sugar for the emergent needs of the body. The spleen manufactures white corpuscles, and pancreas manufactures the pancreatic juice, which helps digestion. The stomach is the receptacle for food. In the small intestines food is digested and turned into chyle. The large intestines throw off the waste products of food as faecal matter. The kidneys

excrete urine. The large bowels and the kidneys constitute the sewers of the human body. The skin and the lungs also throw out the waste products.

Whatever you find in the macrocosm (Brahmanda) is found in this body or microcosm (Pinda). A study of the Pinda is really a study of Brahmanda. Every little thing connected with the construction and maintenance of the body exhibits the superior skill and intelligence of the Maker.

The working of the central and sympathetic nervous system, the circulation of blood, the play of the endocrine glands, the working of the lymphatic and other systems, the process of respiration, digestion, excretion, etc., will excite a sense of wonder and awe in you and goad you to find out the creator and unite with Him to realise eternal bliss and Immortality.

This body should be utilised in the service of God. You should keep it quite fit for the service of the Lord.

A knowledge of this human body and its working will help you immensely to keep it healthy and strong. Just as the machine is in need of petrol and lubricating oil, so also this body-machine is in need of fuel (food) and lubricant or fatty substances. If you feed this machine with pure, simple, natural foods, it will work in a wonderful manner to your entire satisfaction and take you to the goal or Moksha, the final beatitude.

Glory to the Lord, the Maker of this mysterious machine. Salutations unto Him again and again.

2. The Mysterious Body and Life

Salutations to the Lord who is the Creator of this body and life, who is life itself, who is the Indweller and Ruler of this body and life, who is the source for the life, mind, and this world, who is Satchitananda, and who is the protector of all beings.

The Lord Himself has assumed the forms of body mind, Prana or life, organs, cells, tissues, muscles, nerves, etc., through His illusory power, Maya, which is also known by the name Prakrti or Nature.

The body is the mysterious palace of the Lord. This is His nine-gated city or Navadwarapuri or Puryashtaka (city with eight groups). It is the most wonderful mechanism in the world. The driving force of this body is the Lord, because He gives force to the vital force itself. This body is the moving temple of God. Even Devas or angels wish to possess it in order to attain the final emancipation.

It is a mysterious boat to cross this Samsara or ocean of birth and death. It was with this boat that Sri Sankara, Sri Dattatreya, Lord Jesus, Lord Buddha and several others crossed this formidable ocean of Samsara.

A spermatozoon, which is a millionth part of a drop of semen, and an ovum from the ovary, joined together give rise to the formation of this body. What a great mystery ! That subtle essence which is the source for this semen and ovarian production, that subtle essence which sustains these two fluids, is Thy own Self. That is Truth. That is Soul. Thou art

That. O my Beloved Ram ! Realise this and free yourself from the cage of bone and flesh.

The growth of the body with several limbs, organs, etc., from a tiny speck of semen, proclaims the Omnipotence of the Lord. You will be struck with awe and wonder when you begin to think seriously of the origin of this body.

In the embryonic stage, when the child dwells in the womb of the mother, there is no difference between a male and a female child up to a certain stage. Both the male and female genital organs are developed from the same wolffian body which contains the female (ovarian) as well as the male (testicular) tissue. By some unknown process of growth one of the tissue preponderates, and the distinguishing characteristics of sex are developed by about the third month. The testicles are in the abdomen of the male child. They descend into the scrotal bag by about the seventh month. What a great wonder ! The Lord only, who is the Source of beings, Lord of beings, Ruler of all creatures, knows Himself by Himself.

This world is a Manomatra Jagat, Mano Kalpita Jagat. Only the mind has created this world. In reality there is neither world, nor body nor sex. The sex affair is a mere idea. It is a mere imagination. Male may become a female and a female may become a male. Can a real entity change its form ? If testo sterone (testicular hormone) is injected into a female, she develops male characteristics, such as growth of hair at various places, breaking of voice, growth of clitoris, etc. Similarly, when testes-substance is grafted on

to a female whose ovaries are removed, masculination takes place. Conversely, the administration of oestrogens of female hormone to males, especially the castrates in whom the testes have been removed, may produce feminisation, as seen in the growth of the mammary glands and nipple, etc. The real male organ is the teste and the real female organ is the ovary. What is seen outside is not the real organ. They are all appendages.

The partial feminine characteristics in a man are attributed to the persistence of ovarian tissue in him, and the partial masculine characteristics in a woman are ascribed to the persistence of testicular tissue in her.

What is all this? Does this not prove that this world is illusory? How can a changing thing be the ultimate reality?

This body is made up of countless cells. The cells contain protoplasm, nucleus and various other things. This was found out only after the invention of the microscope by about 1730 A. D. by Leuwenhoek, a Dutchman. The magnifying power of the lens was something like 300 to 500 diameters in the beginning. He was able to see some comparatively big germs. With the use of the microscope the cell theory was formulated by Schuwan in 1739. Now there is tremendous magnification by means of suitable lenses. You can see the minutest microbe.

The house consists of pillars, walls, fittings, etc., covered by protective paints, all of which are ultimately made up of bricks, lime, cement, etc.

Similarly, this body-house is built up by bones, muscles, fat, etc., which are ultimately made up by aggregations of various types of cells. The bones represent the stones and bricks, the muscles and connective tissue represent the lime and the skin represents the cement.

All the physiologists say that they have no knowledge of how living things first came into existence. Starling, an eminent physiologist says : "Life is the indefinable for biological science, as time and space are indefinable for the physical sciences. By this is meant that we cannot even approximately define life without the idea itself being explicit in our definition. Our business is, given living beings, to study their phenomena".

Claude Bernard, the father of physiology, says, "Vital force directs phenomena which it does not produce ; physical agencies produce in living things phenomena which they do not direct."

Vital force is Prana of the Eastern Yogis or sages. It controls and governs the different systems of the body. This vital force itself derives its power from the Lord or the Indweller or the Inner Ruler. The western physiologists and biologists are not aware of this. Only when they understand and realise this, will they become real knowers of their science. Until such time they will be imperfect and groping in the dark.

The physiologists say : 'We know only how urea is formed from the amino acids. We know the gross processes that are involved in its formation and the formation of saliva, semen, etc., from the blood, but the

actual formation by the living cells and the exact mechanism are still in the realm of speculation only. They will know this only when they realise the Lord, who gives power to the vital force and life and intelligence to the cells.

Yogis alone are endowed with perfect knowledge of everything. They only know the highest secrets of physiology. They only know that Science of sciences or Brahma Vidya, by knowing which everything is known.

May you all be endowed with the highest knowledge of Self, through which you will be able to know everything. Glory to the Lord who is the father of all scientists, biologists and doctors, who is the giver of life, joy and eternal bliss !

3. Health is Above Wealth

Unnatural life shortens existence and leads to ill health and various sorts of diseases. Man goes astray from nature in order to gratify his perverted propensities and passions.

Disease is want of ease. When all the organs perform their functions properly, when there is a feeling of ease and comfort, you are said to be healthy. Good health is the foundation not only of successful living in general, but also of success in Yoga and spiritual pursuits.

Health is a positive state. It is not simply negation of disease. A healthy man can turn out more physical and mental work. He can practise good meditation

for a long time. A healthy man need not be necessarily strong and robust. A strong and robust man need not necessarily be healthy. Health is a gift from Mother Nature or the Lord, who is the power behind life. Health is your birthright, and not disease. It is as natural to be well as to be born.

Health is above all gold and infinite wealth and treasure. It enlarges the soul and opens all its powers to receive instructions and relish virtues. "This Atma cannot be attained by a weak and unhealthy man" is the emphatic declaration of the Upanishads. Emerson says, "The first wealth is health. Give me health and a day, I will make the pomp of emperors ridiculous." He who has good health has nothing more to wish for. He is really a blessed man. Ramalingaswami sings, "I want a life with health and without disease." The first requisite in life is good health. Health is a *sine-qua-non* to every kind of enjoyment in life.

Health depends upon Karma. A virtuous man enjoys long life and good health. A wicked man is unhealthy. Patanjali Maharishi says in his Yoga Sutras, "Span of life, caste, enjoyment, all depend upon one's own Karma." Therefore perform virtuous actions. Shun evil deeds. Body, mind and spirit must be healthy. Then only can you enjoy perfect health. Body, mind and spirit constitute the whole man. There is intimate relation between body and mind. Body is the mould prepared by the mind for its enjoyment. Spirit is the basis or substratum or source for the body and mind. Mental health is more vital than

physical health. All diseases originate from the mind first and then affect the body.

The spring of loveliness flows from health. Every joy that enlivens your heart comes from health. All flourish only if they are healthy. Wealth is useless if you have no health. Best dishes cannot give you joy if you suffer from colic and dyspepsia. Children jump in joy only if they are healthy. Therefore try to keep up good health by taking recourse to natural means.

Sunshine, pure water, pure air, exercise, wholesome and healthy diet and sound sleep or rest are the six fundamentals of life. Bask in the sunshine. Drink pure water. Breathe pure air. Take regular exercise in the morning. Take wholesome food. Have proper rest. You will become a centenarian.

Sit in the sunshine for an hour everyday. Sunshine is a better tonic for the skin, hair, scalp. Diseases of the skin and scalp will disappear. Sunlight is nature's cheapest medicine. It is a powerful disinfectant. Sunlight assists to supply the blood with Vitamin D and enrich it with calcium and iron. The glorious sunshine carries health into your body with its warming and invigorating rays.

Take scrupulous care to eliminate waste matter through the bowels, kidneys, lungs and skin. Then only can you be healthy. Remain in the open air. Take a tumbler of water at night and in the early morning. This will flush the inside of the body. Brisk friction with a towel during bath will remove the accumulation of dirt in the skin.

Go to bed early. Sleep for six hours. Do not worry. Eat moderately. Masticate the food nicely. Sleep in open air, or with windows open. Avoid irritability. Control anger. Observe Brahmacharya. Talk sparingly. Talk sweetly. Be honest. Be sober. All these will contribute to your keeping good health.

4. How to Keep Radiant Health

Health is the foundation of your career, in fact, of your life. To be completely healthy is to live fully, body, mind and spirit active, performing their tasks efficiently, working together as a harmonious whole. When you are healthy you enjoy your meals, sleep soundly, work hard and tackle your difficulties with courage.

Take proper exercise, stop smoking and drinking and other bad habits, avoid late hour meals at night, eat your meals at proper intervals and, above everything, be regular with your exercises. You can live a clean and healthy life.

In order to keep healthy you must eliminate waste matter, not only through the bowels and kidneys, but also through the lungs and the skin. All these organs must be kept clean. Fresh air both day and night is needed for the lungs, and water is required externally and internally for the other organs. A tumbler of water taken at night and in the morning will flush the inside of the body. A refreshing cold bath with friction by a towel will remove the accumulation from the skin of the dirt that arises partly from the dust of the

atmosphere and partly from the waste matter in the pores.

Live as much as possible in the open air. Breathe deeply and regularly through the nostrils. Avoid breathing through the mouth.

Take plenty of exercise, stopping short of fatigue. Concentrate your mind when you do exercise. Refrain from having a cold bath or cold drink immediately after taking exercise. If through lack of exercise you have permitted your body to be weak, then you are a sinner of the worst sort.

Always welcome the sunshine. When walking or riding in the open, prefer the sunny side. If you cannot take exercise for some reason or other, massage the body briskly. This will promote the circulation of blood.

Early to bed and early to rise makes a man healthy, wealthy and wise. Practise this.

Do not cover your head when you sleep. Do not use too much covering. Drink plenty of water. Let the diet consist mainly of fruits, nuts and vegetables. Chew your food a little more slowly. Do not take tea, coffee or tobacco or liquors or opium. Fasting occasionally is a most wonderful restorative and an aid to health and long life.

Observe the laws of health. Nature knows no excuse and accepts no apologies. Do not forget that, whatever other investments you make, they will all depend on your good health. Remember 'Health is Wealth'.

5. Health and Tattwas

In the good old days there was a perfect knowledge of the elements. Earth, fire, water, air and ether were worshipped. No wonder that people were of gigantic structure. With the lessening of knowledge and observance of those elements, we have also deteriorated. We have become powerless and more susceptive to the effects of these elements.

These days man clothes himself in tight clothes ; air never gets into his body through his pores, with the result that his digestive power has lessened in its efficiency. Because of this lessened digestive power, man is taking less food and, therefore, less of these vital elements which that food contains. So the size and power of his body have lessened naturally. Air gives strength and a hallow to the body. Our poor farmers and labourers are sturdier than the fashionable fops in the town. It is because their body remains exposed to the influences of the elements. We wrap our bodies in all sorts of clothes, the pores of the skin remaining always closed and so grow weaklings. Naga Babas—the naked Sadhus, are much healthier because they live naturally ; they even play with lions because their sturdy constitution makes them fearless.

Earth has a great sustaining power. In the Satyayuga men slept on earth, walked barefoot and so had developed great patience and perseverance. But in these days we want some foot wear, beds to sleep on, and cushions to rest ourselves. Sita was a

worshipper of earth and she developed such great powers as to give a boon of Immortality to Hanuman. Our ancient Rishis and Munis lived even for centuries, because they lived in caves under the direct influence of earth.* Valmiki has mentioned all about Tattwas in Ramayana. All Avatars were the personification of these elements. Rama was a Sun-god, Hanuman an incarnation of air, Sita of earth and Lakshmana of water. Water remains under earth, and this was the subtle truth when Lakshmana said to Ramachandra that he had seen the feet of Sri Sita and not her face. Ravana, too, had attained supernatural powers by worshipping the elements, but finally he lost his strength by rolling in luxuries and palatial mansions, abducting Sita, the incarnation of earth, he fell down from his heights. Vibhishana flourished because he respected the elements.

By worshipping and assimilating more and more of these elements into our physical and mental constitutions, we can prosper and bring nearer and nearer the "Good time". Serpents live so long because they nestle in the earth, and their abnoxious venom is sucked by the earth, if the poisoned part is placed in the earth. Villagers hoard their winter stores underground ; they need no modern reservoirs and warehouses. Earth has a sustaining power which far exceeds any modern invention. If we would have Truth and Brahmacharya, Peace and Bliss and Power, we must do as our ancestors did, i. e., understand, worship and absorb into our body all these five elements.

6. Diseases and Their Root Cause

If the upward and downward actions of the Kundalini Sakti be arrested through the control of Prana (vital force) and this Prana be made to rest in the heart, then diseases will not affect permanently those having such control. The pains which afflict the body are called the secondary diseases, while the Vasanas that afflict the mind are termed mental or primary diseases (Adhi Vyadhi).

You have reached this present state of ignorance through the absence of the transcendental Jnana, the lack of mastery over your organs and perpetual growth of desires and egoism in the mind. Your delusion becomes intensified by forgetfulness of the degradation of your state through such causes. The mental disease also setting in with the concretion of such delusion congeals in you like the abundant snows of winter in the Himalayas.

Then when the intense desires begin to manifest themselves and the Ajnana in you increases, you perform fearful Karmas, and these in their turn produce bodily diseases.

Again, the body is further subject to diseases through such actions as the eating of unwholesome food, living in unhealthy places, and doing things at unseasonable hours, through injuries inflicted, association with the wicked, longing after improper things, evil desires, bad thoughts, the distension and contraction of the opening of Nadis in the joints, etc.,

and the interruption of the flow of the beneficial Pranas throughout the body.

These cause the body to shrink away. Then these blossom in the form of diseases in the body, waxing and waning like the floods in a river during the long seasons of autumn and winter. The body attracts to itself effects according to the Nature of its countless affinities, good or bad, whether in previous births or in the present one. Thus diseases, primary and secondary, arise through the five-fold Bhutas (elements).

Primary disease has two sub-divisions, *viz.*, ordinary and the essential. The former includes the diseases incidental to the body, while the latter refers to the rebirth men are subject to. If the diseases which afflict this body return to their primal source, then they are destroyed and all bodily diseases will vanish. But the disease of rebirth will never perish except through Atma-Jnana or Knowledge of the Self. Is it possible to suppose that the misconception of a serpent in a rope will be removed except through the discovery of the real rope? But those grievous diseases of the body which do not arise through the original cause can be extirpated by Mantras medicine and the many means proposed by men well-versed in medicine lore.

When the mind is agitated, then this body also follows in its wake. When the body is agitated, then there is no proper perception of things that are in one's way, and Prana flies from its even path into a wrong road. Then it will stagger from its proper road like an animal hit by, and reeling under the wound of, an

arrow. Through such an agitation Prana, instead of pervading the whole body steadily and equally, will vibrate everywhere at an unequal rate. Thereby the Nadis will not maintain a steady position like electric wires, but will quiver.

Then to the body which is the receptacle of food digested partially or completely, the Nadis are simply death, through the fluctuation of the Pranas. The food which settles itself down in this body amidst such a commotion is transformed into incurable diseases. Thus through the primary cause of the mind is the disease of the body generated. If this primary cause be annihilated at its root, then all diseases will be destroyed.

Like base gold which, when placed in the crucible, is transmuted through alchemical processes into pure gold, the mind is unfailingly rendered pure through true, virtuous and pure actions and through association with the sages and saints and service unto them. If the mind becomes purified with true Sattwa Guna, then Prana Vayu will begin to circulate freely throughout the body, the food taken in will be digested properly and hence no diseases will arise.

Dr. Hahnemann also says, "The root cause for all diseases is sin or passion. Flesh is simply a servant under the absolute control of the 'Vital force'. This vital force is first affected by the diseases and not the flesh. Flesh is affected later on when the vital force is neglected. Negligence of this vital force brings about pathological changes in the body. The pathological changes which become apparent to the

physicians by means of instruments or clinical observation are not the diseases themselves but the results of the diseases of the vital-force. The pathological changes merely indicate how far the disease of the vital force has affected the flesh."

Dr. Hahnemann has discovered that the real diseases of man, the vital force, are pride, arrogance, jealousy, hatred, revenge, obstinacy, lust, lasciviousness, sorrow, greed, avarice, despondency, anxiety, worry, cowardice, irritability, anger. They cause diabetes, tuberculosis, cancer, etc. Unless and until the vital force is properly treated, the disease can never disappear.

You may spend thousands of rupees in the treatment of tuberculosis, diabetes, cancer, etc., you may have the best health resorts and sanatoriums, but all will be of no avail unless and until you treat the vital force.

The word disease itself means "away from ease". This "away from ease" does not apply to the body but to the mind, the vital force. Therefore, according to Dr. Hahnemann, it is quite clear that the disease is not primarily of body or flesh but of the vital force. This totally agrees with the theory of Hindu Yogis. Dr. Hahnemann was himself a great Rishi and a Yogi. There is no doubt about this.

Dr. Hahnemann says, "A greedy man who always thinks of money gets disease of the heart. An irritable man gets constant headache. A greedy, miserly man full of worries gets diabetes, carbuncle, blood pressure, paralysis."

In those children who are very irritable, who suck the thumb and fingers, who wet their bed at night, who kill insects and ants, who do not like to take bath, who bite themselves and others, who are very dirty, the vital force shows some peculiar condition. Their vital force is breaking down. They will develop pathological changes under favourable conditions. Early treatment of the vital force of these children is very necessary.

Psychologists also are of opinion that diseases are caused by poisons generated by anger, revenge, hatred, lust, etc. They trace the origin of diseases to the evil qualities of men. Therefore the rational and fundamental method of treating diseases is the removal of lust, greed, anger, jealousy, through cultivation of virtuous qualities, such as purity, love, generosity, enquiry, pure food, etc. If the mind is pure, if your thoughts are pure, you will be free from all diseases, primary and secondary.

May you all be endowed with good health and long life ! May you all be free from all kinds of diseases ! May you all be established in that diseaseless, Immortal Atma, through silent and ceaseless meditation !

7. Observe the Laws of Health

The whole universe, from the mightiest sun to the tiniest atom, is controlled by a supreme law. There is perfect order everywhere. The sun performs its duties quite regularly. It rises at the proper time and sets at the proper time. The stars and planets revolve

in an orderly manner. They are governed by laws. There are laws in the mental plane. There are laws of physics, of astronomy, of mathematics. There are laws of hygiene and health which govern our being. In the vast universe, man is the only breaker of laws and violator of rules. He is the single example of lawlessness and discord. He wilfully disregards the laws of health, leads a life of dissipation and then wonders why he suffers from diseases and disharmony. He deliberately ignores the rules of hygiene and right living and then weeps when he is ailing from an incurable, dire malady.

God has provided for you defensive forces in the body to act against the invaders, *viz.*, the germs. The leucocytes or white cells in the blood fight with the germs and kill them. The lymphatic glands serve as strong fortresses. Further, an antidote called Bacteriolysin is formed in the blood. This destroys the germs. How merciful is the Lord ! He takes care of you in all possible ways. But you have forgotten Him. You have become ungrateful in not remembering Him. Let the past be buried. Try to remember Him from now, and attain eternal bliss and immortality.

8. Spiritual Materia Medica

Anger : Generates poison in the blood and heat in the blood, brain, liver and the whole body ; produces fever depression, etc.

Hatred : Causes nervous weakness, uneasiness, restlessness, cough, fever, loss of blood, indigestion, etc.

Fear : Causes low blood pressure, weakness, destroys red blood cells, makes the face pale, affects the heart, liver and stomach, produces, indigestion, diarrhoea or constipation and impotency.

Renunciation : Removes a host of ailments, such as dyspepsia, rheumatism, diabetes, diseases of the liver and the intestines, blood pressure, and strengthens the heart, brain and nerves.

Pure Love : Produces joy, peace of mind, harmonious functions of the bodily organs, increases the blood qualitatively and quantitatively and turns the mind towards God. It is the best antidote for hatred.

Truth : Strengthens the heart and mind, brings peace of mind, happiness, inner calmness and spiritual strength, fearlessness. It is the best antidote for fear. It removes all diseases caused by fear.

Meditation : Wonderful tonic, tones all systems and organs, renovates the cells, enriches the cells of the blood, removes all diseases, checks the development of diseases, generates two miraculous health-giving, energy producing, soul-elevating, Kundalini-awaking principles, 'Divinin' and 'Puritin', of marvellous potency, transforms man into divinity. 'Puritin' helps the meditator to enter into Savikalpa Samadhi. 'Divinin' aids him to attain Nirvikalpa Samadhi.

CHAPTER III
HEALTH AND HYGIENE**1. Health and Hygiene**

Hygiene is the science of the improvement in the health of the community and individuals by sanitary improvements and the encouragement of cleanly habits. Hygiene usually relates to consideration of individual health. Hygiene is the science which treats of the preservation of health.

Sanitation is the science of sanitary conditions and of preserving health, synonymous with hygiene, usually restricted, however, to the methods and apparatus for making and maintaining houses healthy. It generally refers to matters of corporate life regarding health. The chief items are water supply, disposal of excreta, drainage, etc.

You must have a knowledge of the rules of hygiene. You must observe the rules also. Then only can you maintain a high standard of health. The laws of hygiene are the laws of health or the laws of natural living. Hygiene teaches : "Live in open air. Inhale fresh air. Drink pure, uncontaminated water. Take wholesome food. Live in a healthy place, in healthy surrounding and in a healthy house. Keep your clothes clean. Protect your food from flies. Take plenty of exercise. Keep your house and surroundings perfectly clean." Follow these rules and attain good health.

If the water is muddy, dip a big piece of alum in the water and turn it round and round ten times. Or add a few grains of alum to the water. Keep it for some time. The settled water should be decanted and boiled well.

Germs or bacteria get access to cooked food through flies. Therefore, keep the food always well-covered, particularly during epidemics of cholera. Frequent heating of food is bad. Vitamin 'A' is destroyed by reheating.

Do not sleep in another man's bedding. Do not use another man's cloth. Do not eat in the same plate as another person or even your own children. Many diseases like consumption, pyorrhoea, etc., may pass on from one to another by contact through food eaten from the same plate. Do not eat sweetmeats of the bazar during cholera season. Pare your nails close and keep them quite clean.

Text books containing an elementary knowledge of anatomy, physiology, bacteriology and hygiene should find a place in the curriculam of primary and high schools. Instruction on hygiene should be given through movies, talkies, gramophones and lantern slides, in towns and villages and in all schools.

Whenever the barber comes to shave you, ask him to wash his hands and razor thoroughly. A dirty razor will inoculate you with disease germs.

The dhobi or the washerman mixes promiscuously the clothes collected from small-pox-stricken areas with those of other customers and thus spreads the disease from one place to another. He has neither the

knowledge nor the means for disinfecting clothes contaminated by the patients. During epidemics of small-pox, put the clothes you receive from the washerman in the sunshine for a pretty long time. Sun's light is the most powerful disinfectant.

The sweetmeat vendor becomes the centre of attraction to the children in the street. Their parents, too, are hopelessly ignorant of what dangers lurk in the tray after the flies have had their share. The flies sit on the excreta of cholera patients and with the soiled feet sit on the sweetmeats and other articles of diet. Thus the flies act as the carriers of cholera germs and disseminate the disease. Hence do not purchase any sweetmeats from the shop or the vendor. The Medical Officer of Health should take proper measures to have the tray made fly-proof.

You should certainly have an elementary knowledge of hygiene. You should know how many diseases are carried by flies from one person to another. The ladies of the house should have a knowledge of hygiene. Then many diseases can be easily prevented.

Milk is doubtless the best food. But how little man knows about the steady process of contamination which goes on, beginning from the milking of dirty udders with dirty hands into a dirty vessel to storing it and exposing it in surroundings most suitable for the growth of pathogenic or disease-causing germs, before it is consumed unsuspectingly. Bacteria or microbes grow very readily in milk. It should always be kept covered in a very clean vessel. It should not be taken in a raw state during cholera season.

It is the duty of the parents, professors, the village school masters, teachers and the educational authorities to train the future mother in hygiene, home-nursing, maternity welfare and similar other subjects, so that her children may grow unhampered by insanitary practices and untrammelled by pernicious customs.

It is the onerous duty of doctors and Sanitary Inspectors to teach the gospel of prevention of disease or the science of "Health and Hygiene" to the public, (boys, girls and lay people) by holding classes on Sundays and other holidays.

Public feasts sometimes become centres of infectious diseases. Persons who cook food should be free from all communicable diseases. They should have clean habits. The utensils and vessels should be scrupulously clean.

The sputum of consumptives should not be thrown out here and there. It should be received in a spittoon containing some disinfecting lotion. Afterwards it should be buried or burnt. The excreta of cholera and typhoid patients should be buried.

The bed and clothing of sick persons, the discharges of the sick, contaminated water, are all disseminators of disease. Disease germs are most abundant where sick people are congregated. They are breathed into the lungs or taken in through food or drink or absorbed by a recent sore. Cholera and typhoid are water borne diseases. They are disseminated through contaminated water. Small-pox is an air-borne disease. A weak,

fatigued man will become affected more easily than a robust, vigorous, healthy man.

You must have a knowledge of disinfection. Disinfection means not only the removal of bad smells, but also the most important operation of rendering innocuous all germs or decomposing or diseased matter from which germs arise.

Utensils used by the sick such as cups, spoons plates, tumblers, should be immediately immersed in potassium permanganate lotion. If your hands are soiled by infectious discharges when you attend on sick persons, you must wash your hands with permanganate lotion and then with soap and water. The nails should be scrubbed with a brush.

Develop the hygienic sense which will guide you to live a healthy life, so that the necessity of medicines may be dispensed with.

2. Care of the Teeth

The teeth are really intended by Nature to serve the purpose of a mill for crushing the food. The tongue acts the part of a mill-hand by bringing the food under the mill.

In childhood there are sets of teeth called the milk-teeth. They begin to appear from the sixth month. They are twenty in number. They are temporary teeth. The whole set is out by the second year. The permanent teeth are 32. They begin to appear gradually from the sixth year when the milk-teeth begin to fall off. There are sixteen in each row. The

set is completed between the seventeenth and the twenty-fifth year.

The roots of the teeth are within the gums. What you see outside is the crown. The teeth are made up of a hard substance called 'Dentin'. It is hollow inside and is filled with a substance called tooth-pulp. The crown of the tooth is covered with a very hard, white, glazy material called enamel. This coating protects the soft dentine. If it is broken or worn away, it does not grow again. Each tooth consists of three parts : the root, neck and crown.

If you wish to have perfect health and strength, you should pay particular attention to the teeth. You should have a perfect set of teeth, so that you can masticate your food in an efficient manner. If every particle of food that enters your mouth is not thoroughly masticated, you put an unnecessary amount of work on the digestive organs. In the long run they get diseased. The gums also should be healthy in order to keep the rest of the body healthy.

The teeth play a prominent part in masticating the food. The process of cutting, grinding, pasting and mixing with a sufficient amount of saliva is done by the teeth. Hence the teeth must be kept in a healthy and efficient state.

In your search for health and strength you may undertake a series of beneficial exercises that have been expressly designed to improve your breathing organs, to tone up and strengthen the various muscles of your body, strengthen your nerves and put your digestive system in a very healthy condition. These exercises

will certainly go a long way in this direction ; but if your mouth and teeth are not in a healthy condition, then you will find that your body will not respond to these exercises in anything like the way it will, when your mouth and teeth are perfect.

The mouth is the first line of defence of the system. Chemical and mechanical irritants, poisons and gritty particles are detected here and thrown out.

Every particle of the food you eat and of the liquid you drink goes through your mouth to your stomach. If your mouth and teeth are in a healthy condition, then the germs that are always in diseased tissue will become mixed with your food and drink and find their way into your intestinal organs. For this reason, decayed teeth are one of the great causes of internal troubles such as gastritis, dyspepsia or indigestion, constipation, intestinal ulcers, flatulence, etc.

Vitamin A is necessary for the growth of the jaw bone and Vitamin C for the health of the gums. Vitamin D helps the calcification and hardening of the teeth. The teeth are composed of calcium and phosphates.

The last teeth that appear are the Molars commonly called the "wisdom teeth".

Tartar collects at the roots of the teeth. This tartar is composed of secretion from glands and from food particles left over. This helps the accumulation of germs or bacteria. These germs are swallowed with food. They cause many disturbing conditions in the stomach and affect the system generally.

The mouth should be kept very, very clean. The tartar should be removed. Cleansing of the teeth and mouth with salt water daily in the morning and at night is highly beneficial. Rinse the mouth nicely with salt water twice at the end of each meal and tiffin. Potassium permanganate gargle is highly efficacious. Those who suffer from pyorrhoea should cleanse their mouth as often as possible with salt water or the permanganate lotion. Chewing a few *Nim* leaves and keeping the juice in the mouth for a few minutes is very efficacious and beneficial.

Nim leaves are a powerful antiseptic. They kill the disease-causing germs.

Avoid too cold or too hot food or drinks. This is injurious to the whole system and affects the teeth. It produces caries in teeth and pyorrhoea.

If particles of food are allowed to remain in the teeth, they irritate and injure the teeth. They decompose and produce fermentation. The gums get swollen and pus forms there. The enamel is eaten away and the dentine is exposed. The teeth decay and dental caries occurs.

When pus forms in the gums, it is called pyorrhoea. Most of the pus is swallowed into the stomach. The throat, the larynx (wind-box) and the tonsils get diseased. The stomach and the intestines are affected by the pus. Then all sorts of diseases, disorder of the stomach, general poisoning of the systems from the toxins generated in the pus, occur. Many complications also take place. There are poverty of blood also and general debility.

From this it is quite obvious that every seeker after health should keep his teeth in a very clean and healthy condition. Remove the particles of food that stick to the teeth with a tooth-stick or tooth-pick or fingers. Wash the mouth thoroughly after food. Clean the teeth twice or thrice daily with a nice tooth powder composed of alum, black pepper and gerrua. Do not use tooth sticks or brushes. Violent rubbing with these sticks removes the enamel quickly. Use your finger only. This is the most readily available and cheap tooth brush. Do not use any tooth powder or paste that is sold in the market. Do not be carried away by pompous advertisements. Salt mixed with mustard oil is a valuable dental paste. It is useful in inflammation of gums and pyorrhoea. Do not use carbolic tooth powder. Carbolic acid corrodes the enamel quickly.

Fresh milk, whole grains, cereals, fresh vegetables and fruits are highly beneficial in preserving the teeth in a healthy condition.

3. Sleep for Health

Sleep means rest to all organs. Sleep is Nature's restorative agent. It supplies abundant energy and rest to the tired brain and nerves and body. Man works hard in the day to obtain his desired objects. He is tossed about hither and thither owing to the two currents Raga, Dwesha, likes and dislikes, and gets tired. Sleep refreshes him and makes him quite fit to continue his activities. Sleep generates a fresh

:store of nerve force and recoups broken-down cells.
Sleep itself is an energy-builder and strength-producer.

Even when you are asleep, some one eternal principle is ever awake. He is the silent witness of the three states *viz.*, waking, dream and deep sleep. He is the source, cause, substratum, support, for everything. He is the Lord of Lords. He is the soul of all. The mind rests in Him during sleep and derives power, fresh energy and peace.

During work and even when the limbs are resting, the nerves have to work. They also need relaxation. Relaxation is necessary for health. Sleep gives this relaxation. Perfect relaxation is obtained in sleep.

The new-born child sleeps and sleeps. For the first few days the child keeps itself awake only 2 hours daily. At the age of five, the child sleeps for 10 or 12 hours. A grown up man needs six hours of sleep. It is not the quantity but the quality of sleep that refreshes a man. If you have sound sleep even for two or three hours, that will be quite sufficient. Dreaming or disturbed sleep does not give full relaxation. Sleep is diminished after forty years of age.

There have been several instances of famous men who kept fit and active with less sleep than that enjoyed by most people. Scaliger, the great French scholar and contemporary of Shakespeare, slept only for three hours. Wellington and Sir Henry Thomson, the famous physician who attained to the age of 80, both considered that four hours' sleep was sufficient. So did Edison, who for 30 years limited his sleep to the same number of hours.

According to the old adage there should be six hours' sleep for a man, seven for a woman, eight for a child and nine for a fool. Sleep as a condition of necessary rest cannot be governed by hard and fast rules. Much depends on a person's physical and mental capacity for resisting fatigue. Everything depends upon the constitution and on the amount of work, as well as the kind of work which has been done during that day. Those who have reached years of discretion should decide for themselves the amount of sleep they require. Early to bed, early to rise, makes a man healthy, wealthy and wise. Stick to this wise maxim.

Sleep with your head towards the East. Do not sleep with your head towards the North. You can sleep with your head towards the West or the South. Do not cover your face. Always keep the windows and ventilators of your room quite open, in order that fresh air and light may enter freely.

Sleeping in the day time should be avoided, especially after a meal, as it tends to induce dyspepsia or indigestion and possibly diseases of the liver.

The habit of sleeping in the open is highly beneficial. Never sleep on your back. Sleep on the left side at night. The food will be digested easily as the Surya Nadi on the right side will be flowing.

You must know the science of relaxation. If you can relax all the muscles, brain, and nerves, you will get sound sleep the moment you lie down on the bed. Mahatma Gandhiji knew this science well. Napolean also had a full knowledge of this science. They could

get sleep at any part of the day or night at any time, and could get up to the very second.

Even while at work you can relax, if you are conversant with this science. You can take a nap even while sitting in the chair, when several people are talking and laughing, when there is beating of drums. Relaxation for a few minutes will serve as a great restorer. He who has perfect mental poise can relax and sleep at any time. He who can relax well can turn out much work. Change of work or pose is rest or relaxation. Laziness is quite different from relaxation. Meditation gives perfect rest.

Empty your bladder and bowels before you go to bed. If you wish to get sound sleep, you must regulate the hour of your last meals of the day. If you wish to retire to bed at 10 p. m., finish your meals at 7 p. m. If you take your food within three hours of the time of sleep, then the brain is engaged in calling upon the digestive organs to work vigorously while it should be sleeping peacefully.

Before going to bed review your actions of the day. Write down your spiritual diary. Make fresh resolves for the next day—such as "I will control anger. I will observe Brahmacharya. I will not use vulgar or harsh words, I will control passion, etc." Do Japa for ten minutes. Study Gita or Ramayana or Bhagawat for half an hour. These good spiritual ideas will sink down deep into the subconscious mind. You will enjoy sound sleep. You will be free from evil dreams.

May you enjoy the bliss of that sleepless sleep or Nirvikalpa Samadhi by resting in Turiya or the fourth

state through identification with the all-pervading eternal Brahman or the Infinite and thus free yourself from ordinary sleep, which is a Jada or inert state due to Avidya or ignorance.

4. Do not Sleep with Your Head to the North

Sleeping with head towards the north is generally taboo among all Indians. It is forbidden by hoary tradition and is universally avoided by every discerning Hindu who has any regard for custom and convention. Though no elaborate, ultra-rational, scientific grounds are given for it, yet it has come to be universally recognised as undesirable, as the common sense of the thoughtful and clear-minded Hindu tells him that, behind this and other such apparently peurile conventions, there is always a sound reason for such observances laid down by the past generations of seers and Rishis, who, by their deliberately developed psychic vision, perceived the working of finer forces ordinarily invisible to the physical eyes.

Now it is a common experience that any law or rule, stated in the form of a categorical assertion or maxim, falls flat on the majority of the masses. Merely telling them that a particular thing should not be done proves very ineffective, as it is forgotten the moment it is heard. One realises this when he sees how the Puranas form such popular common knowledge among the masses, whereas the Sutras are taken up only by a handful of the learned. Shrewd psychologist that he was, the ancient Indian seer was aware of this human

frailty, and therefore usually couched most of his discoveries in the form of striking and unusual incidents, or some allegorical and symbolical anecdotes.

The anecdote of Lord Ganesha speaks of a single elephant that slept with head northward; and, as a consequence, its head was cut off to be placed over Sri Ganesha's trunk. This points to the conclusion that the custom of avoiding the northern direction was prevalent among the Aryans. The fact that the custom has continued through the centuries and still persists to the present day, leads one to believe that it was not a practice based upon fancy or folly. Hindu society has always been and is essentially progressive, and has had its quota of radical reformers and merciless critics who spared nothing that did not stand the scrutiny of reason. Very little escaped their all perceiving gaze, and such customs, had they been entirely meaningless, would have been thrown overboard into oblivion long ago.

Persons not knowing this rule and sleeping with head northwards may feel none the worse for it. But in such cases, if they change their habit, they will come to realise the benefit of avoiding that direction. One in error will not be aware of the disadvantage of it, until he gives it up and adopts the contrary correct practice, and thus experiences the advantages of the altered habit. The soundness of the principles laid down by the Upanishadic seers has been but unsuccessfully contested in the past. Such rules as the avoidance of lying in bed at dusk, looking at the moon during the Vinayaka Chaturthi day, taking any food during periods

of eclipse, etc., are all based upon the finding of these sages in their study of finer laws operating in the astral and other planes. Man is a complicated being, not merely physical but possessing a finer psychic, astral body, very susceptible to the working of subtler forces. Therefore regulations are laid down to guard his vital well being.

The occidental scientist probes into the workings of external nature and makes startling discoveries ; but he is not entirely competent to judge the exact principles pertaining to the finer planes to which the ancients in the orient had access. Modern science is based upon observation and mental reasoning. But all human thought is limited in its scope by the all too patent imperfection of the instrument itself, namely, the human mind. The Rishis of the past were really more modern than modern science and even more scientific than the modern scientist. Rishis were research students without laboratories, doing research, not with man-fashioned apparatus, but with the God-given faculty of intuition of mind rendered subtle by restraint, discipline, regulation and laborious practice (Abhyasa). They delved into the depths of finer planes and discerned inner laws that silently work and govern physical phenomena. It is only intuition that penetrates beyond the mind and perceives more than the microscope and the telescope do. To formulate a theory out of observation and experimentation is at best a partial approach to Truth. It is not infallible. It is only direct perception and experience that can impart final authority to any assertion. That the

Upanishadic seers were not mere visionaries is proved beyond doubt by the bold call of some of our modern prophets crying : "GO BACK TO THE UPANISHAD." This trumpet call is not from any ancient anchorite but from the mouths of some of our most rationalistic, clear headed, practical seers, who had plunged into the vortex of Western life and society and viewed everything with the impartial and unsparing eye of the ultra-modern reformers.

Thus it is seen that belief in, and the faithful observance of traditions are necessary, and beneficial, too. Far from being silly superstition, they are sound regulations to safeguard the well-being of man. This should suffice for man to faithfully adhere to the wise ruling of seers with direct perception and realisation. It is not always to one's advantage to try to find out the why and wherefore of each and everything. Certain things must necessarily be done without questioning.

It seems possible that the rationale behind the injunction to avoid sleeping with the head towards the North is to allow the Pranic energy to flow freely into the thorax and trunk region of the body, where it is most needed for recuperation and rebuilding of the cellular structure, during night. During waking hours, the brain and mind, being fully and continuously active, monopolise the services of the Pranic energy. It is during night, when the brain is at rest and the mind comparatively less active and the ocular, auditory and olfactory systems do not function, that the Pranic flow is directed to the rest of the system, i. e., the trunk region. If the head is northwards, then, this flow of

energy will be hampered by the constant pull of the magnetic current which is ever drawing northward. It is well known that a constant pull is exerted by the North Pole. The Prana energy will have, therefore, to overcome this magnetic drag in its flow towards the trunk region. To prevent this double work, to facilitate the Pranic flow, the man is advised to sleep with the head pointing other than towards the North. The best practice would be to sleep with the head to the East.

CHAPTER IV

DIET AND HEALTH

1. The Five Food Essentials

I

This body is a wonderful, subtle, complex mechanism. Our bodies are continually growing or being built till we attain the age of 25. After 25 the building of body is complete. The different organs of the body are carrying on their functions constantly during the period of growth as well as throughout life.

The heart pumps blood to every part of the body through the arteries. It is the central pumping station. It works the whole day and night. The two lungs perform the function of respiration and purify the venous blood. We inhale the air and send in oxygen along with the air without which we cannot live. Carbondioxide is thrown out through the nostrils during

exhalation. The stomach and the small intestines digest the food with the help of various digestive juices and transfer to the blood the materials which are necessary for the growth, repair and work of the body. The large intestines, the kidneys and the skin are ever busy in eliminating the waste materials of the body. The brain directs the actions of the body and the various organs. The muscles move the limbs.

Constant wear and tear is going on in the body on account of work and movement. Old cells are dying and new cells are being built up. Constructive and destructive changes are constantly going on in this body. This is called metabolism. Just as a building needs repair, so also this body is in need of repair. The first purpose of food is thus to provide the materials necessary for the growth and repair of the body. The function of food is to supply the body with the materials necessary for the growth, maintenance, repair and efficient functioning of its various organs and structures and in this way to ensure the harmonious working of the whole human machine at its highest level.

Force or energy is needed for the bodily movements and functioning of the various organs. The second purpose of food is to furnish the materials with which the body generates this energy. Heat is produced during the generation of energy, and the warmth of the body is kept up by this heat.

The food must be strictly plain, easy of digestion, and free from any source of irritation. To obtain the maximum amount of benefit from the food you eat,

you will have to discover those foods and the quantities of such foods best suited to the needs of your body.

Just as the engine of the best motor-car goes out of order when it is not provided with efficient lubrication or proper and sufficient fuel or petrol, so also this body engine goes out of order owing to faulty nutrition on account of improper or insufficient or faulty food. Beri beri, dropsy, malnutrition, anaemia, scurvy, rickets, osteomalaria, pellagra, night-blindness, dental caries, kidney disease, etc., and greatly increased susceptibility to infectious diseases, are all directly or indirectly due to faulty nutrition.

Every cell in the body behaves in the same way as the whole body. It obtains its nutriment from the blood, digests it in its interior and discharges the products of its digestion into the blood-stream for their excretion by the kidneys, etc. The removal at sufficiently frequent intervals of the products of the digestion of the cells is of paramount importance. Any neglect to eliminate the evacuations often enough results in the lowering of the vitality of the cells and, later, in their death.

If you live on a perfect diet and if you have normal habits of life, you will be free from diseases and possess a high standard of health, vigour and vitality. The health and vitality can be improved by the use of a proper diet.

The only way to build a healthy body is to understand why we eat and what to eat. If you eat indiscriminately, you sow the seed for future trouble and ill-health. Indiscretion in diet and faulty diet are the

main generative causes of an infinite amount of suffering and distress.

In the Katha Upanishad, this body is compared to a chariot. The soul is the Lord of this chariot. The intellect is the charioteer. Mind is the reins. The senses are the horses. The objects of the senses are their roads. If you what to reach the destination, i. e., the abode of eternal bliss or Immortality, the Supreme seat of Vishnu, you must keep this body healthy and strong and the senses under your perfect control. You must also develop discrimination.

This body is compared to a house. The proprietor of the house dwells in the house. Even so, the proprietor of this body, the Lord, the Indweller, the Inner Ruler, dwells in this nine-gated¹ palace. The house is built up of stones, bricks, lime, cement. Windows, doors and iron bars are also necessary. Further, expert masons, good workmen, and carpenters are also necessary. If you engage able masons and use good materials, your house will appear decent and strong. Otherwise, it will be leaky in some places and badly constructed in other places. Even so, this body-house must be properly built by proper food materials. If it is badly built by faulty diet it will be weak and unhealthy and will need patching very often.

The food that you eat is digested by the stomach and the small intestines. The intestines select the different building materials which are necessary for the building of this body-house. These materials are passed into the blood. The blood supplies each part, each

organ, with the special substance which is needed to build it.

The cells have special intelligence. Who gave intelligence to these cells? Who gave intelligence to the cells of the liver to manufacture bile? If you reflect for a while in a solitary place with closed eyes, you will be struck with awe and wonder. All the cells, all the organs, derive their power and intelligence from the Inner Ruler (Antaryamin) or God or the Absolute. He pervades the whole body. It is He who really directs all the organs to perform their functions. The subconscious mind and the brain also are under His guidance and direct control. In His presence all these organs function.

The proteins or the nitrogenous substance of the food stuffs are the tissue builders. The mineral salts help to build the tissues. The proteins cannot build the tissues by themselves. Builders are necessary, just as masons are necessary to build the house. The real mason or Master Architect is the Lord. Under His direction the Prana or the vital force builds the tissues with the help of his assistants. Prana is the builder of the tissue.

The five Vitamins—A, B, C, D, E—are His faithful and obedient assistants.

Vitamins are not mineral salts. They are certain mysterious life-giving substances. Each vitamin has its own special function to perform. Each co-operates with the others in the building of the whole body. Mark here! How harmoniously the organs and the different assistants of the builder of the body work

in the economy of nature! Chief Prana is the chief builder. He assumes ten forms for efficient working in the different systems of the body, such as the digestive system, the circulatory system, the nervous system, the respiratory, the excretory, etc.

In the construction of a house one mason does the plastering of the walls, another does some ornamental work in front of the door. A third attends to the pillars of the verandah. The carpenter fixes the doors and the windows. The painter does the painting of the doors. But all the workmen help in the completion of the whole building. Similarly, Vitamin A (the anti-infective vitamin) works chiefly on the eyes, the stomach, the intestines and the lungs. Vitamin B (the anti-neuritic vitamin) does its work on the brain, the nerves, the muscles, and the muscles of the stomach, the bowels and the heart. Vitamin C (the anti-scorbutic vitamin) works on the blood. Vitamin D (the anti-rachitic) works on the bones and the teeth.

If the diet is of the right type, if the proper quantity of tissue-building materials and the Vitamins are present in the food you take, the building process of the body is satisfactorily carried out. The body is healthy and strong. All the functions of the organs are performed very efficiently. You digest your food properly. You can turn out good physical and mental work. You move about happily.

But if the diet is faulty and improper, if there is deficiency of tissue-building materials and vitamins, if the proper type of materials are not supplied, if the different components of the food do not exist in proper

proportion, the body is not built properly, the organs do not perform their functions in a satisfactory manner. There will not be proper growth of the body. You may not have vigour, good health, vim and vitality.

You may suffer from various deficiency diseases. Some parts of the body may be badly built. They may not be efficient in discharging their functions, in the same manner that the roof of the house may leak when the materials used are not good or when the mason is not a good workman.

The chest may be ill-developed. You may have a pigeon chest. The lungs will not perform their functions properly. The heart will not be efficient in its work. The bones may not develop properly. The stomach and the intestines may not perform their work satisfactorily. The kidneys and the skin may not be able to do their excretory function in an efficient manner. The liver may be sluggish and weak in its action. The muscles may be flabby. The teeth may decay early. The eyes may be defective and weak. The blood will be poor qualitatively and quantitatively. Many diseases will slowly crop up. You will not enjoy good health.

II

This human body is the most delicate and complex mechanism, as it is constructed by the Lord himself with the assistance of Maya, His indescribable, illusory power, and as it is His own temple or the divine place. Just stand before the mirror, open your mouth and look at the throat and feel it. How delicate is the mucus

membrane ! It is full of blood vessels. It is more soft than velvet. The eye-ball is another most delicate structure. All the organs work in full harmony or unison. If one organ is diseased, a vicious circle is formed, other organs are also affected, just as the other wheels are also affected in a factory if the main wheel is affected, just as the other parts are also affected in a watch if the main spring is affected.

This body may be compared to a steam engine also. It is the most complex, wonderful, perfect engine. The fats and carbohydrates serve as fuel to this body-engine. They are called fuel foods. There is the fire of life, Jatharagni, within the body. It is this fire that keeps up the warmth of the body. The fats and carbohydrates are the energy producers. They contain great stores of energy. This body cannot do its work without steam or energy. This energy or steam is supplied by the fats and carbohydrates. The energy in the fuel foods is supplied by the fire of life. This energy enables the body-engine to do its work.

The essential ingredients or parts of the food are of five kinds, *viz.*, proteins, mineral salts and vitamins which are tissue builders ; fats and carbohydrates which are energy producers. Each ingredient is as important as another. Each depends for its proper action on every other.

Your diet must be a well-balanced one. Your food must contain the above ingredients in just the right amount and kind. Every food-stuff contains some of these essential ingredients. But no single food, except

milk, contains them all in just the right proportions. Milk is a perfect food by itself.

You must have an elementary knowledge of the science of dietetics. You should learn how to make a balanced diet for you, how to mix the different things you eat in such a way that your daily food will contain all of these five essential ingredients in the right kind and proportion.

An understanding of scientific dieting, which deals with the whole question of food, food values and the relationship of nutrition to health and disease in general, is invaluable in overcoming diseases and maintaining the health of the body.

2. Body Builder and Fuel

The six food essentials are proteins, fats, carbohydrates, water, minerals and vitamins.

(a) Proteins

Proteins are substances which repair waste and build new tissues. It is an essential thing for the growth and maintenance of the body. It is a complex organic compound which contains carbon, hydrogen, oxygen and nitrogen and, sometimes, sulphur, phosphorus and iron. The body is working. Heart, lungs, intestines, kidneys and other organs are working all the time till there is life. All this wear and tear is made up by the proteins you take.

Proteins are nitrogenous substances or body-building materials. They are tissue builders or flesh forming

substances. Proteins, whether from animal source or vegetable source, are considered first among food substances. They provide the necessary materials to build new cells for growth or replace those lost in wear and tear.

Proteins contain nitrogen, which is one of the chief materials required for making the millions of new cells which are formed when the body grows.

The proteins which are present in the animal part of food are called "animal proteins" and those in the vegetable part "vegetable proteins."

The protein molecule is built up of a number of similar compounds called the amino-acids. The amino-acids are composed of carbon, hydrogen, oxygen and nitrogen.

• A complete protein is one which contains all the essential amino acids in sufficient quantity for all phases of life. An incomplete protein is one which lacks one or more of these essential substances. Casein and lactalbumin, which are contained in milk, are complete proteins. Sein found in maize and gelatine found in meal are incomplete proteins. The simple proteins are albumins and globulins. Legumin is found in peas, beans, lentils, etc. Raw protein is more easily digested than cooked protein.

Milk casein is an ideal protein food. Cereals, legumens, contain protein. The sticky substance, gluten, is the protein of the wheat flour. Milk, meat and eggs contain complete protein.

The proteins of the food are acted on by the gastric juice and the different digestive juices in the intestines.

They are split up and sorted out. New proteins are formed. These new proteins are absorbed by the blood and are sent to the different parts of the body to build and repair the tissues. Too much of protein will do harm to the body. If you take too much protein, the liver and the kidneys are overworked and damaged. Many diseases like gout, nephritis or inflammation of the kidneys follow.

Protein cannot be stored as a reserve. The human system demands 30 grammes daily. This is the minimum quantity. If you take two pounds milk daily, you can supply 30 grammes of protein to the system.

Peas, beans, gram and other dals, nuts, turnips, are valuable sources of protein. Soya bean is very rich in proteins. The proteins of Soya bean are of a high order in nutritional value. Milk, cheese, curds, buttermilk, spinach, lettuce, are rich in good proteins. Sugars, animal fats, vegetable oils, do not contain any protein at all.

If you take milk, green leafy vegetables, any staple grain and some fruits, you will provide for the body the right kind and amount of proteins and everything else which is necessary for the body, for the maintenance of health and strength. If the right kind and right amount of protein is not supplied, the body will be badly built. You will have a weak body. You will have no power of resistance against infectious diseases. You will succumb to disease quite easily. You will have low vitality. You will have no capacity for doing hard physical and mental work. You will have no power of endurance. You will not attain longevity. You

will suffer from weakness, lassitude. You will become old quickly. Vitamins A, B and C are needed for helping the proteins to build the tissues of the body.

(v) Carbo-Hydrates

Carbo-hydrates are substances like starch, sugar. They are the most economical source of energy. They contain carbon, hydrogen and oxygen, the hydrogen and oxygen being in the same proportion as they are in water. They are fuel foods. They are foods that supply energy to the body. They are energy producers. They include starches and sugars of every kind.

Rice, white flour, tapioca, sago, the flour of wheat, rye, barley, cornflour, oatmeal, arrowroot, potatoes, are examples of starches. Jaggery, brown sugar, white sugar, honey treacle, syrup, jam, are examples of sugars.

The carbo-hydrates generate heat and energy. They help the body to make good use of the proteins and the fats in the foods. Eating too much starch and sweetmeats is the cause of diabetes. Too much starch causes flatulence and corpulence. Vitamin D is necessary for the proper use of carbo-hydrates by the body. If you take too much sweets, acid fermentation takes place. You will get caries of tooth. If you wish to have good teeth, do not eat too much sweetmeats. Lactic acid is produced. This slows the action of the heart.

Lactose is milk-sugar. Sugars that are found in the juices of all kinds of fruits are known as fructose (fruit sugar) and glucose. Glucose is one of the main constituents of honey. The liver converts glucose into

a substance known as glycogen. This stored glycogen in liver is reconverted into glucose, which serves as an important fuel of the body. Sugar is a concentrated and readily combustible form of carbohydrate for the body. Starch is converted into sugar by the ferments in the digestive juices, *viz.*, the pancreatic juice and the intestinal juice, and is then absorbed by the blood-stream. The extra quantity of sugar which is not immediately needed is stored in the liver as glycogen. Liver is a reservoir for sugar. Dextrose, grape sugar, glucose and levulose get immediately absorbed into the system, and supply the required energy at once. That is the reason why glucose and fruits are given in cases of patients suffering from fevers, typhoid, pneumonia, etc.

The coal is the fuel in a steam engine. The coal is burnt. The burning coal converts water in the boiler into steam. The steam passes into the cylinders of the engine. There it presses upon the pistons which set the wheels in motion, and the engine moves. Similarly the carbo-hydrates, which are the fuel for this body engine, generate energy, and this energy is supplied by blood to all parts and organs of the body. Then the organs and muscles work.

Cane-sugar, lactose, glucose, malt, honey, sacchrin, are carbo-hydrate flavouring agents. You cannot live long on carbo-hydrates alone.

Cellulose

Cellulose is a form of carbo-hydrate that is found in fruits, vegetables and grains. It is extremely insoluble.

It retains water, helps to form roughage and eliminates waste products. It prevents constipation and helps the free movement of the bowels.

The quantity of stools is more in vegetarians on account of the large quantities of roughage in their food. A quantity of cellulose is necessary to give the necessary bulk and character to the stool. Cellulose is the undigestible carbo-hydrate remaining in cereals, vegetables, etc.

If you live on milk alone, it will produce constipation, because there is no residue left after digestion. The whole thing is absorbed in the system. Those who suffer from constipation should eat plenty of vegetables, fruits, etc. These leave an undigestible residue, which helps to eliminate the waste products of the body. Fibres or cellulose stimulate the peristaltic movement of the bowels and thus help the digestion and absorption of the other food-stuffs.

(c) Fats and Oils

Fats are compounds of glycerine with fatty acids. Fats and oils contain carbon, hydrogen and oxygen, but they have less oxygen than carbohydrates. They are of animal and vegetable origin. Fats are first class fuel foods. They produce twice as much energy as either proteins or carbohydrates.

Fats also generate energy. They are contained in butter, cream, vegetable oil, curd, marrow of bones, cheese, milk, ghee, dripping, margarine, olive oil, cotton-seed oil, cocoanut oil, ground-nut oil, cod-liver oil, nut-butters. Olive oil, almond oil, ground-nut oil,

gingili oil, mustard oil, cotton-seed oil, cocoanut oil, are vegetable oils. Dhals, gram, oats, maize, Bhajra, contain a fair amount of fats.

The foods that supply protein such as milk, nut, eggs, cheese, contain some fat also. Fats which melt easily are digested easily. Fatty foods supply twice as much heat per gramme as the same quantity of carbo-hydrates. Nearly all foods contain some quantity of fats. Fats serve as a reserve energy supply. Hence fat is a protective food constituent. Fat contains Vitamin A. Cocoanut oil is highly nutritious. It is as nutritious as cod-liver oil. It is called "vegetable cod-liver oil." Soya bean also supplies valuable fat to the body. If more fat is eaten than is required, the excess is stored as fat. You develop obesity or corpulence. Fats and oils supply heat and energy quickly. They also build up fatty tissues. Vitamins A and B, iodine and carbo-hydrates, are essential for the proper absorption of fats in the body.

Excess of fats is deposited as a layer under the skin and prevents loss of heat. It serves as a blanket. Fatty people can bear cold better than lean people. They feel heat more. A large amount of ghee prevents the food from completely leaving the stomach till the next meal. Fried food, Parottas, do not make you feel very hungry. Too much fats cause indigestion and constipation.

Fat gives heat and energy. It builds necessary fatty tissues. It forms a protective layer over the nerves. It supplies Vitamin A to the body. It makes the tissues firm. It fills up hollow spaces and gives

beauty. It protects the delicate internal organs from injury.

As animal fats contain vitamin A, they afford protection against infection by microbes. Fats aid the body to utilise calcium in the system. Calcium is properly absorbed with the help of fats. As they are greasy, they lubricate the soft mucous membrane of the bowels and protect it from injury caused by irritating substances.

(d) Water

Water is a very necessary part of our diet. It is very necessary for our health and well being. About 70% of our body weight is water. Nine-tenths of the blood and three quarters of our flesh is water. Water is essential for the functioning of the different processes. Blood keeps ten to fourteen pounds of water continually in circulation. Water helps greatly in the production of the energy that is required for the body. You must drink plenty of water in order that your body may not become too hot, nor the blood too thick, nor the skin and flesh too dry. If you do not drink sufficient water, poisons accumulate in the blood. Water regulates the temperature of the body. An adult must take two to three pints of water daily. This will keep him quite healthy. If the food is not properly digested, the bowels become constipated.

There is daily loss of water, through the skin, lungs, kidneys and digestive canal of about $4\frac{1}{2}$ pints. You take water indirectly through your food. The vegetables contain much water.

Water enters into the composition of the tissues of the body. It dissolves foods and distributes them. It flushes the system and removes impurities and waste materials from the body. It is necessary for digestion. It forms the bulk of the blood and of all other fluids of the body. It keeps the temperature of the body equable by evaporation from the skin in the form of perspiration. Proper quantity of water should be drunk after each meal to keep the mass within the stomach and bowels in a soft condition.

3. Caloric Value of Foods

The food-stuffs that you eat differ in their power to produce energy. Their energy value varies. It can be measured in calories. The term 'calorie' means the amount of heat that is required to raise 1 lb. of water to 4° F. It is the amount of heat required to raise the temperature of one Kilogramme (2·2 lbs) of water by one degree centigrade.

Calories are the number of heat units given out by the body. Through calories you can know the quantity of fuel that is required to keep this body-engine running while at rest and at work. If you do more work, more fuel is burnt. Therefore more food is needed.

The method of applying the calorie standard to a food is very simple. In the case of protein and carbo-hydrates, the percentage contained in the food is multiplied by 4·1 and in the case of fat by 9·3. The

result is the total calories yielded by 100 grammes of the food. (One lb is equal to 453.592 grammes).

The calorie is a standard which is as applicable in estimating the energy value of foods as the gramme or pound is in calculating weight.

One gramme of pure protein or carbo-hydrates has an energy value of 4 calories. An Indian adult doing ordinary work requires from 2500 to 3500 calories. A woman needs a little less. An average man requires 1300 calories to keep the engine going when he is not doing any work at all.

One calorie per 2.2 lbs (1 kilogram) of body weight per hour is required for an adult. If he weighs 60 kilogrammes, he needs 60×24 , i. e., 1440 calories when he is not doing any work.

4. A Balanced Diet

The proportion of animal protein should not be less than 33% of the total protein in the diet. The proportion of animal fat should not be less than 50% of the total fats in our diet. Only when this proportion is maintained will you have a healthy, well-balanced diet. Then only will all the functions of the body go on in a satisfactory manner. Further, the protein, fat and carbo-hydrates should be of the right kind also. The amount of foodstuffs which contain protein should not be more than one-fourth by weight of the amount of the vegetables and fruits. The more proteins there are in the food, the more the vitamins A, B and C are needed.

You should have the right weight of the body according to your height and age. This is a sign of good health.

It is quite possible to have a healthy diet entirely on vegetables. According to Dr. Mc Garrison, late Director of Nutritional Research Institute, Coonoor, a balanced diet should consist of things in the following proportion :

Proteins : 60 to 70 grammes	calories 240 to 280
Fats : 50 to 60 "	" 450 to 540
Carbo-hydrates : 360 to 450 "	" 1440 to 1800
Total ...	2130 to 2620

5. Mineral Salts in Diet

I shall now tell you about the minerals in the articles of diet. Minerals like calcium, sodium, potassium, iron, iodine, chlorine, phosphorus are quite indispensable in the healthy building up of the human body. Their lack or deficiency definitely contributes to disease. They are the second class of body-building materials. They are the ashes left after the burning of the food in the air, like the ashes left after the burning of the wood.

It has been estimated that the human body contains 7 lbs of mineral salts. The mineral or inorganic salts form above one twenty-fifth part of the whole body. About five-sixths of these are in the bones and the teeth. All these minerals are derived from the food you take. They are indispensable for the construction

of the various tissues and organs of the body. If their supply is entirely cut off, life cannot be sustained.

Mineral salts are indispensable in the diet, because they enter into the chemical composition of the body. They also regulate the various parts so that all perform their functions normally. They build bones and teeth. They form the red oxygen carrying pigment of the blood. They cause the contraction and relaxation of the muscles. They keep the blood alkaline. They form part of the digestive fluids. They enter into the structure of every body cell. They help the blood to coagulate when exposed to the air.

Many mineral substances enter into the composition of the human body. These must be supplied to the body through the food. These are phosphorus in the brain, iron in the haemoglobin of the blood and calcium in the bones and the teeth, etc.

The bones and teeth contain a large quantity of these salts ; but some are also present in the muscles and other soft tissues, and some are dissolved in the blood and body fluids. The mineral salts that are found in the tissues, blood and fluids are as necessary for your health as those that build the bones and teeth. They prevent the blood, tissues and body fluids from becoming acid or sour. If the blood were to become even a little acid, you will not keep good health. If it becomes more acid, you will die. If the mineral salts are properly mixed in your food, this will not occur.

The mineral salts are not a source of energy to the body as they cannot be burnt. But they are an essential

part of its tissues and organs. They are chiefly needed for the building of the body structure. They play an important part in the nutrition of the body. Life is not possible if the body is deprived or starved of all mineral salts. Also, good health is not possible if your food does not contain them all and in proper proportions.

There are twenty elements which enter into the composition of tissues. The several kinds of mineral salts are made from these elements. The chief of these elements are : calcium, potassium, sodium, iron, magnesium, manganese, zinc, copper, lithium, barium, phosphorus, sulphur, chlorine, iodine, silicon and fluorine. Calcium, potassium, sodium, iron and magnesium are the most important. They exist in the body in the greatest quantity. Phosphorus, sulphur and chlorine are also the most important.

Sodium is in the blood. Chlorine is a part of the gastric juice. Potassium enters into cell structure. Sulphur is found in protein. Sodium and chlorine are found in common salt. Potassium is found in almost all plant foods. Sulphur is found in a great many proteins. An adequate amount of these minerals can be found in a mixed diet. Calcium, phosphorus, iron, copper and iodine have very definite functions. They are not found in all foods. Many ordinary diets are lacking in these elements.

Each element serves its particular purpose. Calcium is necessary for the satisfactory working of the nerves and muscles. Chlorides are essential for the

production of hydrochloric acid in the stomach, which is necessary for protein digestion.

The mineral salts help the muscles that move your limbs and also move the heart, the lungs and the bowels to perform their work in an efficient manner.

The heart beats on account of these mineral salts only. The waste products will not be thrown out properly, the stomach and the other organs of digestion will not produce the digestive juice, the kidneys will not perform their function satisfactorily and enough water will not remain in the tissues, if these salts are not present in the body. Mark here what a vital part these mineral salts play in the economy of nature !

Calcium

Calcium is one of the important constituents of the blood, bones and tissues. It is one of the most important of all the mineral elements of the food. It is the chief ingredient of lime or chalk. Calcium and phosphorus are needed to make strong bones in the body. Calcium plays also a part in the regulation of nervous muscular and glandular activities. If there is not sufficient amount of calcium in the body, certain diseases as rickets, carious teeth, osteomulacia, etc., develop. General bodily weakness, softening of bones, are also produced.

It is essential that during the period of growth children should receive an adequate supply of calcium.

Women and children require more calcium than other people. A growing boy needs about three times as much calcium as a man for every pound of his body-

weight, because he has to build his bones with the help of calcium phosphate.

The need of calcium during pregnancy is very great. The need of calcium during the nursing period is still greater. The mother has to provide calcium for the bone building of the foetus and for suckling children.

Calcium builds bones and teeth. It has also an effect on the muscles of the heart. It makes the heart work properly. The presence of calcium is essential for the clotting of the blood to prevent bleeding. It helps to control the heart beat and maintain muscular vigour. It helps the body to use properly certain other constituents of food such as fats and iron. It forms part of the fluids of the body which regulate body activity.

Milk is the richest source of calcium. Cheese comes next. Buttermilk, butter, whey, yolk of eggs, nuts, dals, fruits of all kinds, green leafy vegetables such as spinach, water in certain localities, contain plenty of calcium. Soya bean has a fairly good calcium content.

Meat, cereals like wheat, rice, ragi and maize, potatoes, radishes, turnips, beetroots, carrots, sago, tapioca, sugar, jam, are poor in calcium.

A growing child needs 1 grammme or 15 grains of calcium per day. A pint of milk daily contains all the calcium a child needs. One quart of milk contains 1.2 gms. An adult weighing about 150 lbs., needs 45 grammes of calcium. One pint of milk per day for an adult supplies the necessary amount of calcium. If

milk is not used liberally, it becomes very difficult to supply the necessary calcium.

Calcium from vegetable sources is less easily absorbed than that from animal sources. The calcium of vegetables is better assimilated by the adult than by the child. A diet consisting of milk, cheese, butter, vegetable, nuts and fruits, will give you an adequate supply of calcium.

An adult excretes daily 5 gm of calcium. Hence this quantity of calcium or a little more must be taken in order to keep up the equilibrium. More than any other ingredient, calcium is very often lacking in your diet.

Phosphorus

Phosphorus forms part of all living cells. It helps the working of the various glands. The brain and nerve cells contain a large proportion of phosphorus. It is an essential element in a cell nuclii. It occurs in food in both organic and inorganic forms. It combines with calcium in building the teeth and bony structures of the body. Phosphates in the body are found chiefly in the bones, brain and nerves. They play a very vital part in maintaining the tone of the actively functioning tissues of the body. Cells multiply. The body grows on account of this multiplication. Phosphorus is essential for the multiplication of cells and growth of the body and the brain. It is also a very important part of the blood.

When there is insufficiency of phosphates in the constitution, nervous weakness, brain fatigue and loss

of memory occur. Delay in the union of fractures takes place when there is lack of phosphates and calcium.

About 20% of phosphorus used in the body is found in bones and the teeth. Phosphorus and calcium must be taken in right proportion. You should combine the foods that are rich in phosphorus with others which contain abundant calcium. Too little phosphorus in the food causes imperfect development of the bones and teeth. Too much phosphorus and too little calcium also produces bad bones and bad teeth.

Foods rich in phosphorus are milk, yolk of egg, Soya bean, meat, green vegetables, cereal grain, fruits, unpolished rice, wheat, dal, radish, cucumber, carrot, cauliflower, lady's finger, green leafy vegetables, fish, buttermilk, nuts, oats, barley, cholam, ragi, watercress, spinach, brussels-sprouts.

White rice, white flour, tuber and root vegetables are poor in phosphorus.

Whole cereals are rich in phosphorus but not in calcium.

1.5 grams of phosphorus per day for a male adult is necessary. The average requirement of phosphorus is approximately twice that of calcium. An extra amount of phosphorus is needed during growth in children, pregnancy and lactation.

Iron

Another important mineral constituent of the body is iron. A large part of the iron in the body is found in the red blood corpuscles where it is

combined in the haemoglobin. It is the chief constituent of haemoglobin or blood-pigment. Deficiency of iron in the diet causes anaemia or bloodlessness, where the skin is pale. There is daily loss of iron from the system. This must be replaced by proper food in the diet. The daily iron requirement is .015 gramme. As iron cannot be absorbed very easily, more than this must be given.

Iron gives to the blood its red colour. It enables it to carry oxygen from the lungs to every part of the body. More iron is required by nursing mothers than by men and by growing children than by adults. Women need more iron to meet the needs of menstruation, pregnancy and lactation. Iron also enters into the structure of cells and acts as a catalyst of certain body processes. It stimulates the functioning of the vital process. The body has no reserve of iron to draw on at the time of need. Therefore, it has to be supplied through food.

The haemoglobin unites with the oxygen in the lungs and carries it to the body cells, where the oxygen is given up, and the waste product, carbondioxide, is absorbed and carried back to the lungs, where it is removed.

Vitamins A, B, C and E and calcium are needed if iron is to be properly used by the body. If these are not present in sufficient quantity, the blood will become poor although there may be abundant iron in the food.

Milk is not rich in iron. Abundant iron is contained in the outer coating of cereal grains, which is removed

by polishing. Foods that are rich in iron are cereals, bran of wheat, green vegetables, oatmeal, dried beans, fruits, eggs, dals, green peas, beans, spinach, lettuce, prunes, onions, radish, raisins, nuts, strawberries, molasses, water-melons, potatoes, asparagus, celery, cucumber, turnip leaves, tomatoes, green leaves, dried fruits, oranges, whole wheat bread. The outer leaves of green vegetables such as lettuce and cabbage contain more iron than the inner leaves.

Milk is poor in iron. Animal and vegetable fats, sugar, white rice, white flour, contain little iron.

Iodine

A minimum amount of iodine in the food is necessary for health. Iodine is necessary for the proper functioning of the thyroid gland. In certain districts where iodine is deficient in drinking water, a disease called goitre develops. Iodine, though required only in a small quantity, is needed. Iodine is distributed to the body by the thyroid gland, which is situated in the neck. Iodine helps the body to make the best use of the fats and calcium in the food. Iodine is a constituent of the hormone which is secreted by the thyroid gland. If iodine is lacking entirely in the diet, the thyroid gland soon ceases to function normally; and goitre, a swelling in the neck, develops.

Food rich in iodine are asparagus, seafish, wheat, seaweeds, watercress, oysters and codliver oil. People suffering from goitre improve considerably when they add these articles of diet in their daily food.

Traces of iodine are found in eggs, cereals, leafy vegetables and milk. In these foods the amount varies as it depends on the amount of the iodine in the soil and water. Sea-water contains iodine. It is abundant in vegetable foods grown in places where there is plenty of iodine in the soil. Green leafy vegetables and fruits contain enough iodine for your requirements. Iodine is present in wheat, millet, carrot, goat's milk, cloves, ginger and black pepper.

Iodine is stored in the thyroid gland. It is found in the tissues in minute quantities. Iodine enters into the composition of the thyroid gland. The thyroid gland gets enlarged if there is not enough iodine in the diet. You get your iodine as iodides from water, fish, vegetables.

The use of iodised salts is becoming more and more general in districts where there is an iodine deficiency. Taking 30 grains of sodium iodide twice yearly prevents the thyroid enlarging and causes a marked decrease in the size of those already enlarged.

Chlorine

Chlorine appears in the body as chloride. Chlorine is required by the body to keep the blood in the right composition and to make the hydrochloric acid which helps the stomach to digest the food. Chlorides play a vital part in the blood, in keeping the cells in the proper state of pressure equilibrium. Foods which are abundant in chlorine are all sea fish, oysters, grain, cereals, breads, cheese, bananas, celery, dates,

Lettuce, spinach, tomatoes, pine-apple, peanuts and green leafy vegetables, common salt.

Potassium

Potassium is necessary for the construction of the cells, chiefly the red blood cells and muscles.

Cabbage, cauliflower, drum-stick, ladies finger, potato, meat, fruits and all vegetables, contain abundance of potassium.

Sodium

This is contained in the blood and muscles. It is derived from the common salt for the body requirements. Animal foods such as fish, mutton, etc., are also rich in sodium salts. Sodium and chlorine are found in combination as sodium chloride. Oysters, bread made with whole grains, butter, spinach, raisins and sea fish, contain sodium. When a fairly good quantity of vegetable is taken, a little salt is necessary. But if too much is taken, it may injure the kidneys and the blood vessels. Most people use more salt than necessary. In kidney diseases it is forbidden because it is the kidneys that work in excreting salt. The salt is excreted by the kidneys, and if the kidneys are damaged and salt cannot be excreted, evil consequences follow. Common salt helps to keep the blood in the right composition, the proper quantity of water in the tissues. It aids the various organs to work properly. Those who live only or mainly on vegetable foods must add salt to their food, as there is too much potassium.

and not enough sodium in these foods. Those who take a mixed diet require only a little salt daily.

Copper

The iron in the foods can be perfectly utilised by the body only when copper is present. All the foods containing iron contain copper, and a diet which supplies iron will not lack in copper. It is needed only in a minute quantity. It is widely distributed in foods. Liver, nuts, meat, oysters, cereals, dried fruits, peas and beans, all contain copper.

Magnesium

The outer layer of wheat grain, meat and vegetables contain magnesium.

Sulphur

This is present in the skin, hair and nails. It is found in milk, eggs, onions, oatmeals, vegetables of the cabbage variety. Sulphur is taken into the body in the form of a constituent of the proteins of the body, milk, eggs, cabbages, etc.

Mineral metabolism is largely under the control of a group of glands like para-thyroids, spleen, liver, kidneys, ovaries and testicles, as these have to do much with the general tone of the body. The functional lagging of any of these glands is an additional cause of mineral deficiency in the body. Wherever these glands are working below par, minerals are allowed to pass out of the body without being properly utilised. In this way mineral deficiency is produced. Care:

must be taken to keep these glands healthy and in proper working order by natural methods such as fasting, sun bath, hydrotherapy, proper diet, exercise, etc.

You will have to select a diet which includes salts in their most suitable forms as organic compounds are broken up, they render reconstruction of compounds for the human body an easy task.

Rickets, osteomalacia, weak and soft bones, thin bones, bad teeth, wasting, anaemia, lassitude, poor appetite, indigestion, constipation, goitre acidity of the blood, all are due to the deficiency of mineral salts in your food.

No single article of diet save milk contains all the mineral elements in just the right proportion. Even milk is poor in iron. Milk is an ideal food. It can supply you all the mineral requirements except iron.

The mineral salts of the staple food grains, wheat, rice, ragi, are mostly contained in the outer covering of the grains. When these outer coverings are totally removed in milling, then much of the mineral salts is lost. As the mineral constituents are present mostly on the outer covering of cereals and pulses, care should be taken to avoid altogether the use of polished rice or wheat.

The salts are in abundance in vegetables and fruits and particularly in green leaves. If, therefore, leaves and vegetables are taken in abundance along with unpolished cereals and dals, then no deficiency will

occur. If your food consists of milk, milk-products, whole cereal grains and plenty of green leafy vegetables and fruits, it will contain all the mineral salts you need, and in the right proportion also. Cereals and dals, milk and leafy vegetables, will supply all that are needed to nourish and maintain the body. Vitamins A, C and D are necessary for the proper building of the mineral salts into the living tissues of the body.

Green vegetables and potatoes must be so prepared as not to throw away any water in which they have been cooked. This water contains much of nutrient, mineral elements which are essential for the growth of the body and maintenance of health. The water in which the vegetables are boiled may be made up with other things into soups. Do not peel off the potatoes before boiling. In cooking rice, do not throw away the water as it is very nourishing. Wheat and rice should be so prepared as to retain their mineral elements which are lost in the milling processes of making fine white flour and polished rice. Hand pounded rice is the best for health.

Vitamins and Health

Vitamin means life-giving. Vitamins are life-giving substances or essential food substances the presence of which is necessary for normal health. The discovery of Vitamins is comparatively recent and still in its infancy. It is a discovery of great importance. If you have some understanding of how to make use of Vitamins in the cooking and planning of your foods,

you can do much to keep yourself in health and assist recovery in sickness.

It is not necessary for you to make an intensive study of the subject. Have a clear understanding of the uses of each of the known vitamins and the foods which contain them. This is more than sufficient.

In addition to the building, maintaining and working materials, some other substances in minute quantities are necessary to make the body function properly. These substances are the Vitamins. If the human system is deprived of any one of them, organs fail to perform their functions in a proper manner and give rise to serious complications and deficiency diseases. Their absence or deficiency in food prevents the growth of body, gives rise to certain diseases known as deficiency diseases, and eventually causes death. They are present in small quantities in the foods. They are like a spark which ignites the fire of nutrition.

The nature and character of six kinds of Vitamins have been found out. The Vitamins which chiefly concern us are known as A, B, C, and D. If you have a proper supply of these vitamins in your daily diet, you should keep in good health and build up a resistance to disease.

Fresh fruits and vegetables and raw foods are richer in Vitamins.

Vitamin A

This promotes growth and is necessary for the proper formation of bone. It is specially important for children, as it is needed for their steady and rapid

growth. It wards off infection from disease-causing germs. Therefore it is called an anti-infective Vitamin. It keeps the body in repair. Vitamins A and D are frequently found together in nature, especially in animal-fats. Vitamin A guards against infection especially of the nose and throat. In grown up people a lack of this vitamin causes loss of weight and a tendency to suffer from colds and catarrh. Vitamin A is an essential substance for animal life. It is a fat soluble substance. Animal fats generally contain Vitamin A. Cod-liver-oil is very rich in Vitamin A. Leaves are the stores of Vitamin A. Cocoanut oil contains a little of Vitamin A.

The chief effects of Vitamin A deficiency are gradual cessation of growth, loss of weight, a decreased resistance to diseases, the development of Xerophthalmia, night-blindness, etc.

Vitamin A is contained particularly in Cod-liver-oil, fresh milk, butter, cream, ghee, eggs, green vegetables, green leaves.

Vitamin A is slowly destroyed by cooking. The food loses a portion of vitamin A every time it is heated.

Vitamin A gives a good tone to the skin and the mucous membrane and prevents the entry of germs through them. If there is deficiency of Vitamin A, germs easily enter through the skin and mucous membrane.

Vitamin A cures rickets, decay of teeth, night blindness, sore-eyes and other eye-diseases. The yellow skin of cucumber and yellow or red chillies contain

Vitamin A. All the highly coloured fruits and vegetables contain Vitamin A.

Food rich in Vitamin A are Cod-liver-oil, yolk of egg, liver of animals, milk, ghee, butter, cream, green leaves such as of spinach, lettuce, cabbage, turnip, tomatoes, soya beans, green vegetables, radish tops, carrots, oranges, lemons, grapes, apples, pineapple.

Foods which contain a moderate quantity of Vitamin A are cucumber skin, maize, gram, figs, watercress, runner beans.

Foods which contain a little Vitamin A are dals, beans, wheat, rice, chillies, cocoanut oil, etc.

Foods which do not contain Vitamin A are meat, vegetable oil, polished rice, beef, potato, onion, banana, white flour.

Vitamin B

This is necessary for proper growth and development. This is anti-neuritic. This is the most important Vitamin for health and well-being. This is a complex water-soluble Vitamin which is divided into two parts, B 1 and B 2. Absence of Vitamin B causes cessation of growth. Vitamin B 1 deficiency produces Beriberi. Deficiency of Vitamin B 2 produces pellagra.

Vitamin B should be included in the daily diet of every child. It gives you nervous strength and vitality, and helps you to keep free from digestive troubles and enables you to keep that feeling of fitness so necessary if you are to enjoy your lives. Deficiency of this Vitamin leads to loss of appetite, indigestion, constipation or diarrhoea, and a general break-down of health.

Vitamin B is in the outer coating of rice and wheat. When this outer coating of rice is removed by polishing, rice loses the Vitamin.

Cow's milk contains enough Vitamin B. Butter-milk contains this Vitamin. Butter contains none.

The food of mothers must be rich in Vitamin B. Then only will the babies get their quota of Vitamin B for their growth and development.

Vegetables and leaves are good sources of Vitamin A and B.

Vitamin B is not destroyed by cooking. The fluids from the cooked rice or vegetables should not be thrown off, because they contain Vitamin B.

Rice bran contains a lot of Vitamin B.

The chief sources of Vitamin B for men are the cereals. Cereals, unpolished rice and wheat, yeast, cabbage, yolk of eggs, lentils, peas, beans, nuts, turnips, potatoes, milk, oats, fruits, tomatoes, millet, pulses, spinach, carrots, green vegetables, leaves, lettuce, wholemeal bread, contain Vitamin B. Yeast is a concentrated form of Vitamin B.

Vitamin C

This Vitamin is called anti-scorbutic, because the lack of this Vitamin produces scurvy. This Vitamin has been synthesized and is known as ascorbic acid. It is an auxiliary to vitamins A and B. It helps to maintain health generally. Vitamin C is necessary in an abundant quantity to keep the blood pure and the teeth and gums and the body in good health.

It was found that sailors used to suffer from a disease called scurvy during long voyages when they could not get fresh vegetables and fruits to eat. In this disease the gums become sore and bleed, the legs swell and begin to pain. This is prevented or those suffering from this disease recover, if they are given the juice of lemons. This vitamin is destroyed by cooking, heating, storing and tinning. It is readily destroyed by heat in an alkaline medium (by sterilising milk, and boiling green vegetables with Soda). As alkali destroys this vitamin, soda should not be used in cooking vegetables.

Tomatoes are very rich in Vitamin C. The following foods contain Vitamin C : Tangerines, apples, lemons, oranges, strawberries, gooseberries, raspberries, currants, grapefruit, cabbage, turnips, green peas, spinach, watercress, lettuce, bananas, carrots, green vegetables, germinated pulses, mangoes, onions, peas, potatoes.

The research carried on at the Lister Institute established the fact that this anti-scorbutic Vitamin is contained in large quantities in fresh lemons, oranges and fresh green vegetables ; in moderate measure in roots, such as swedes and potatoes ; and to a small extent in milk and fresh meat. It is absent in dried and preserved foods. The pulses do not contain the Vitamin except after they have germinated. The germinating process is carried out thus. Soak the pulses in water at 60° F. for 24 hours. Drain off the water, spread out in thin layers and keep moist for 48 hours at 60° F. Then cook rapidly (peas 40 to 60.

Lentils 20, minutes). Prolonged cooking destroys the vitamin. Hence, when food containing any Vitamin is scarce, roasting and quick boiling is preferable to stewing and simmering.

Vitamin D

Vitamin D prevents rickets, sterility and tuberculosis. This is called an anti-rachitic vitamin. This is a fat-soluble vitamin, essential for the normal absorption and utilisation of calcium and phosphorus. In its absence, calcium and phosphorus are insufficiently absorbed. This vitamin has recently been synthesised as calciferol, which is derived from irradiated Ergosterol. In the human skin, calciferol is produced by ultra-violet rays. Hence the curative value of sunlight and of artificial ultra-violet waves.

The lack of this vitamin produces rickets in children, in which the bones are not developed and so are weak and soft. The lack of this vitamin produces Osteomalacia in older persons. Malformation of the body is due to a lack of this vitamin. Formation of bone cannot take place, if calcium and phosphates are not present in due balanced condition or proper proportion. Vitamin D helps the formation of bones with the aid of calcium and phosphates. Even if calcium and phosphates are present in proper proportion, the bones cannot be formed without a proper supply of Vitamin D, the forming agency.

Vitamin D helps us to absorb valuable minerals contained in other foods. It is essential for children and helps them to have firm muscles and good teeth.

Vitamin D is found in large quantities in Cod-liver-oil, in all fish oils and in herbs that have been dried in the sun. It is very important as it makes up in some measure for the lack of sun. Butter also contains Vitamin D. It is contained in the following foods : Salmon, Herrings, Cod-liver-oil, eggs, milk, butter, ghee, mushrooms, dried parsley, butter-milk, olive oil, redpalm oil.

Vegetable oils develop Vitamin D when they are exposed to the sun. The human system can synthesise Vitamin D from sun's rays.

Children who suffer from Vitamin D deficiency cry out on the slightest handling. There is delay in dentition. They have poor teeth. Smear the body of the child with mustard or any other oil and expose it to the sun. This is a good method of imbibing Vitamin D.

Food must contain the bone-making mineral substances of calcium and phosphorus in proper proportion. Exposure to the sun is of no help when these are not present in the system. It is not correct to conclude that deficiency in rickets or Osteomalacia is due only to the absence of sunlight.

The natural method of procuring Vitamin D is to eat food containing ergosterol, which is very widely distributed in all kinds of natural food-stuffs, and then to have this activated in the skin by the ultra-violet rays of the sun. Skin is a reservoir of light to human well-being. Anything which prevents the direct access of sunlight to the skin such as cloudy atmosphere, clothes, in-door life, means so much loss to health and

physical efficiency. Light clothing and open air life are very conducive to health and long life.

Vitamin E

This is known as the anti-sterility Vitamin. In its absence, degeneration of the seminiferous tubules of the male, and cessation of pregnancy with abortion in the female, occur. It is contained in wheat-germs, wholemeal bread, olive oil and greens, particularly lettuce.

He who dwells in the Vitamins, who is within the Vitamins whom the Vitamins do not know, whose body the Vitamins are, who rules the Vitamins from within, is thy Atma, Inner Ruler, (Antaryamin) Amritam Immortal).

Hints on Diet

Those things which are most proper for the human stomach and the best adapted to the system generally do not produce much thirst.

Food must contain proteins, fats, carbo-hydrates and minerals in proper quantity and the Vitamins A.B.C.D.E. which are the life-giving substances. A balanced diet will contain these in proper proportion. A balanced diet must be cheap also.

Nuts are rich in protein and fat. They are rich in Vitamin B. Vegetables supply vitamins. Some quantity should be taken raw. Then only will you realise the maximum benefits of vegetables. Vegetables contain Vitamin C in their natural state.

Digestion begins in the mouth. Here the saliva is mixed with food in mastication. Raw foods require less effort from the mouth, the stomach and the small intestines. Raw foods help digestion. They give the greatest energy or heat and furnish the greatest nutrition.

The tomato is rich in organic acid, basic substances and protective elements. It is indeed a wholesome addition to diet.

Raw foods make better blood and build better bodies and should, therefore, make up at least eighty percent of the diet.

Fruits, salads and steamed vegetables are specially valuable.

Live for a week on fruits alone. You can take oranges, bananas, pomegranate, papaya, mangoes. Such a diet will help greatly towards the elimination of the impurities from the system.

Next to exercises and fresh air, diet plays the chief part in the building of the body. Nevertheless do not be a slave to the diet theory. Use your commonsense. Eat the things you like and you will feel happy. Chew the food well. Do not overstuff yourself. Among other things, milk, cereals, potatoes, fresh leafy vegetables, juicy fruits and honey must find a place in your daily regimen.

Proper elimination is almost as important as a correct diet. Even when the right food is taken, good health will not be enjoyed unless waste matter is properly removed from the system. Faulty elimination is most commonly due to the inactivity of the bowels.

This is an exceedingly common condition to-day owing to faulty habits of eating and living. Inactivity of the liver and kidneys is often associated with this complaint.

Besides the food we eat, there are certain substances such as vitamins and mineral salts which must be included in the diet in order to maintain the body in a state of perfect health. Most foods contain a certain small percentage of iron, but the percentage is very small (0·1 per cent.). Milk, fruits, vegetables, whole-meal bread and unmilled cereals are all relatively rich in iron. Iron is best assimilated in the form of its simple salts such as sulphate, citrate, etc. Iron is as much a part of our food as starch or fat or protein and is quite as important to our general well-being as are the vitamins.

In constipation, the diet must receive careful attention. If the stomach is healthy, coarse food should be taken to produce roughage for the intestine to act upon. The diet should contain a large proportion of fresh food such as lettuce, celery, tomatoes and vegetables. Fruits are of the first importance. Prunes, figs, oranges, apples and cooked fruits should be eaten freely. All rich foods are not good. Water should be drunk freely on rising.

During cholera season do not use rotten or overripe fruits. Avoid the use of cucumbers, guavas and berries. Vegetables should be thoroughly washed with clean water. During cholera season they should not be eaten raw. Beware of flies. Never use articles of food and drink which have been exposed to dust and

flies. Avoid food from hawkers. Eat freshly cooked food. Milk should always be boiled before use. Water from all other sources should be boiled before use. Avoid use of aerated waters and ice creams from bazar.

In anaemia, there is no good remedy to rival spinach (palak) with its high iron contents. Lettuce comes next among vegetables; orange, lemon and pomegranate among fruits.

The composition of milk is shown to be very well balanced. It has all the energy giving nutrients, all the known essential Vitamins and important mineral elements. These exist in a form that admits of easy digestion and assimilation. Hence it is a perfect diet.

Health Value of Honey

Honey is highly appreciated as an article of food by people in many parts of India. It is valued as an antiseptic for the preservation of fruits and for making cakes, sweetmeats, etc. But the most important use of honey is as a medicinal substance. It produces very nutritive action.

Honey is very easily assimilable. It is ready for absorption into the food without change. It is not in need of any digestion. It is suitable to small children or people of weak digestion, in whom ordinary sugar cannot be digested easily.

The sugars of honey are levulose and glucose in about equal parts. That is the reason why it does not require any digestion.

The Hindi name is Shahad. The Latin name is Mel Depuratum (purified honey). It is nature's most perfect and the oldest sweet known to man. It deservedly ranks as a staple food. It is a useful laxative for children. It is an expectorant. Hence it is useful in cough. Honey is a food full of energy. It produces immense strength. It augments the capacity to work with brain and hand. Proteins, iron and some other important nutritive substances are found in honey.

The natural laxative sugars found in honey ferment and generate a gas which breaks up the hardness of the faeces and so helps in correcting constipation and restoring and maintaining normal functioning of the intestines. The laxative effect of honey is due to the presence of enzymes in the honey. These enzymes act upon the undigested food in the stomach and the small intestines, and reduce it to an assimilable state.

Honey relieves dryness of the mouth. It is a common ingredient of cough mixtures. It is given to produce heat and strength in the body of the child. It is one of the remedies for hoarse voice. It makes the voice sweet and melodious. It is the best remedy for cough and cold when it is given with the juice of Tulsi leaves.

Lotus honey is useful in diseases of the eyes, ophthalmia and the early stages of cataract.

Add one or two tablespoonfuls of honey to a tumblerful of hot or cold water and drink daily. This is wholesome, and strengthening and nourishing. It is a nervine tonic; too. You can add to the honey as

much butter as you desire. Honey is the most nutritious food. The above beverage will satisfy thirst and serve as a shield against sunstroke.

Honey taken with milk, cream or butter increases the general health, vigour and vitality. It is a great restorative after serious illness. A tablespoonful of honey in a cupful of hot water gives much relief to asthmatic patients. It is refreshing and strengthening, too.

In all kinds of emaciating diseases, it may be given with good results as it enters very quickly into the cells of the body and gives food to them. It improves the general health very soon. The daily use of honey is highly beneficial in improving the appetite, sharpening the brain and making one smart and active.

Honey is useful in sore-throat, coughs and colds. It relieves the burning sensation in the throat. A mixture of honey with lemon or grape juice is very efficacious in hacking coughs.

A teaspoonful of honey mixed with a teaspoonful of lime juice and two teaspoonfuls of hot water is a valuable remedy for the coughs of children.

Honey is a valuable heart stimulant. In any prolonged disease, such as typhoid fever or pneumonia where digestion is very greatly impaired, where there is weakness of heart-action, honey has been found to be invaluable.

In severe cases of malnutrition with weakness of the heart and in cases of pneumonia, honey has been found to have a marked effect in reviving the action.

of the heart and keeping the patient alive. As an energy food, there is probably nothing equal to honey.

When any part of the body is scalded by boiling water, apply honey to the part at once. It is soothing. It will prevent the formation of blebs or vesicles.

It is used as an application over foul ulcers. It can be used as a covering over boils and excoriations. It is also used as a cosmetic or an agent for beautifying complexion.

It cures pimples and prevents their growth. It should be given in general physical repair and heart failure. It is useful in high blood pressure. It brings about a normal blood pressure.

Honey contains formic acid and iron. It is successfully substituted for orange juice, cod-liver-oil and glucose.

Nuts for Health

Nuts are the most precious substances. Fruits or vegetables with nuts are the best food for all. Nuts may be termed highly concentrated fruits, because their food value, both from a nutritive and a health protective standpoint, is outstanding.

Nuts are rich in protein and fat. They contain only a little carbo-hydrate. They are rich in Vitamin B, but have a poor supply of Vitamins A and C. The proteins of the nuts are superior to those of cereals and dals. They contain a little water. They have a very high nutritive value; though they are not very

·easy to digest. They form a valuable meat substitute in the diet of vegetarians.

The flavour of nuts largely depends on the oils they contain. Once the nuts are shelled, the oils tend to turn rancid, to the impairment of the flavour. To keep nuts for any length of time, it is better to buy them in the shell or turn them into nut creams or butters.

The elephant with its terrible strength, the gorilla and the apes, the orang—all live on nuts and fruits of the forest. How strong and healthy they are ?

Nuts can be digested well when they are properly masticated and taken along with other foods. The fat gives a high caloric value to nuts.

Nuts are extremely rich in fat elements. They can replace butter. On account of their rich fat content nuts are excellent food, energy-sustaining, warming for cold weather and good for hard manual work.

Walnuts contain 6·4 per cent water, 7·4 per cent carbo-hydrate, 7·8 per cent cellulose, 15·6 per cent protein, 62·6 per cent fat, 2·0 per cent mineral, very little Vitamin A, no Vitamin C. The nut has abundant Vitamin B.

Hazelnuts contain 3·7 per cent water, 9·7 per cent carbo-hydrate, 3·2 per cent cellulose, 14·9 per cent protein, 66·4 per cent fat, 1·8 per cent mineral.

Peanuts contain 9·3 per cent water, 11·7 per cent carbo-hydrate, 18·7 per cent cellulose, 27·9 per cent protein, 42·0 per cent fat, 2·1 per cent mineral.

Almonds contain 5.26 proteins in grammes per ounce, 15.96 fats in grammes, 4.30 carbo-hydrates, 182 calories per ounce, very little Vitamin A, no Vitamin C. It is moderately rich in Vitamin B. It is the king of all nuts.

Cocoanut contains 1.61 proteins, 14.31 fats, 7.90 carbo-hydrates, 167 calories, some Vitamin A, no Vitamin C. It is moderately rich in Vitamin B.

The nuts should be used in small amounts at a time. Nuts digest well with fruits. Nuts combine well with all other foods and offer no difficulties to the normal digestion. Those who suffer from diabetes will find all the nuts except chestnuts useful on account of their low carbo-hydrate contents.

Neozapine nut (Chilgozah) contains starch, oil, protein and minerals. It is a nutritive tonic.

Cocoanut is a staple food for the Malabarlis. Water from a tender cocoanut is a refreshing drink. Cocoanut water contains some mineral salts and a little sugar. It is rich in Vitamins. It can be freely taken during fasting. It removes nausea and vomiting. Dry cocoanut contains fifty per cent of oil and twenty-five per cent of carbo-hydrate; one ounce of cocoanut produces 167 calories. Cocoanut oil has nutritive value like Cod-liver-oil. It helps growth of hair.

The ground nut is also known by the names peanut and monkey nut. The fat and protein contained in ground nut are of a superior character. The oil is easily digestible. The protein has twice the value of the proteins of wheat. It is superior to meat as a

tissue-builder and growth producer. It contains a large quantity of oil. That is the reason why it is useful for consumptives.

Ground nut is richer than cocoanut in protein, though inferior in oil. It gives 155 calories per ounce. Ground nut cake is a superior article of food on account of its high content of protein. It should be taken as soon as the oil is pressed out.

Walnut (Akhrot), Pistachinonut (pista), Cashew nut (Kaju), are highly nutritious.

Nuts are outstanding for their mineral values and for their content of Vitamin B 1. Almonds are one of the richest known sources of food calcium. One lb. of almonds contains almost twice as much calcium as one pint or 20 ozs. of milk. The chief function of calcium is to build bones, teeth etc. The need of calcium during pregnancy, nursing, infancy and the growing period of life is very great. It has an effect on the muscles of the heart. It regulates the heart beat and strengthens the blood vessels.

Nuts are rich in phosphorus, which is essential for nerves and the brain. Brazil nuts top the list in this respect. Almonds, walnuts and Barcelona nuts come next. They contain iron also, and thus enrich the blood. As food suitable to make up any shortage of butter or fats, nuts form ideal, everyday food.

The Triple Milk Cures

The patient is put on an exclusively milk diet. There are two methods. In one method, only small

quantities of milk are given to the patient. In the other method, the patient is over-fed with milk.

In the first method, four to eight ounces of milk are given, four times a day at intervals of four hours. This method is very useful in corpulence and dropsy or swelling of body and abdomen. The treatment may last for a few days or several weeks.

Under this treatment fat is reduced. Dropsy disappears. Any obstruction or clogging in the tissues is removed. This treatment is beneficial in rheumatism, asthma, disorders of the liver, diseases of the kidneys, neuralgia, defective circulation of blood, etc.

In the second method, the patient takes lemon juice diluted with water on the first day. He takes a warm-water enema. He takes half a pint of warm milk every two hours. He consumes one and half seers during the whole day.

Then he gradually increases the quantity of milk. He takes half a pint milk every hour. He consumes three seers during the whole day.

Then he takes half a pint every half hour and consumes six seers during the whole day. This is continued for two or three weeks or even two or three months.

This method of milk cure promotes the growth of friendly germs in the bowels, and causes fermentation, which prevents putrefaction.

You must be very regular in taking the right quantity of milk at the definite hour. You must not

make up the next lot by doubling the quantity. Sip the milk slowly. You can use enema if there is no movement of bowels.

The patient puts on flesh under milk cure. He becomes very energetic, strong and healthy. He gains 20 to 30 lbs. in one or two months. New tissues are formed on account of the nutrition supplied by the milk. Milk removes to the organs of elimination the morbid waste products that are deposited in the cells and tissues and removes them out of the system.

Milk cure is beneficial in general debility, auto-intoxication, pimples, boils, carbuncles, eczema, anaemia or bloodlessness, biliousness, neuralgia, gastric and intestinal indigestion, constipation, piles, rheumatism, impotence, liver trouble, diabetes, gall-stones and in the early stages of phthisis.

Butter-milk-cure :—Curd is churned and the fat is removed. The liquid is known as butter-milk. Butter contains 90% of the Vitamin A of milk. The butter-milk contains the remaining 10% of the Vitamin A, besides the vitamins B and C, proteins and sugar. This is an important article of diet. It is as valuable as milk. A particular kind of bacilli, known as lactic-acid bacilli, converts the milk into curd. These germs prevent the growth of the injurious bacilli.

Butter-milk contains lactic acid, which helps digestion. Butter-milk is cooling and sustaining.

In the butter-milk-cure, the patient takes a tumblerful of butter-milk morning and night. He gradually increases the quantity till he takes 10 or 12 tumblers a day. The cure can be continued for a

month. This is useful in diarrhoea, dysentery, constipation, gastro-intestinal trouble, etc.

Whey cure :—Whey is the water-portion of milk after the fat and protein are separated. This is rich in vitamins and contains milk-sugar and much of the minerals of milk. When a patient cannot tolerate fat and also proteins as in typhoid, whey may be given to him with much benefit. This is quite a harmless diet. It has great sustaining properties. The milk is put over the fire. When it begins to boil a few drops of the juice of lemon are added to the milk. It must be strained through a cloth. It is a concentrated, sustaining food containing butter and milk-proteins. This is very useful in constipation. This is a concentrated, sustaining food for invalids. The solid left on separation of milk is called chhana.

Whey is highly beneficial in constipation, jaundice, obesity, flatulence, pulmonary tuberculosis, dysentery, piles, colic diarrhoea, bloody urine, typhoid fever.

In whey-cure the patient takes a tumblerful of whey morning and night. The quantity is gradually increased until 10 or 12 tumblers are taken daily. The whey can be taken either warm or cold.

Curd and Butter-Milk

The food value of curd is exactly the same as that of milk, as there is no addition of any food article or subtraction of any food constituent in turning milk into curd. Curd is more digestible than milk. It should be thinned and beaten up with water

when it is given to sick persons. It agrees with people who cannot digest milk. It is extremely rich in lactic acid bacilli, which aid digestion to a very great extent. It does not produce constipation. It disagrees with some persons who are of a phlegmatic temperament. It is apt to cause flatulence and distension of the stomach. This has given rise to a general belief that it is unhealthy to take curd at night. Curd may be taken at any time of the day with advantage.

Externally, curd is used as a pack for healing carbuncle.

Hang some curd in a piece of cloth for some time. The water will flow down. Apply the solid portion to the carbuncle. It will remove the slough, cool the part and help the healing.

Drink butter-milk as much as you can. It contains lactic acid. It helps digestion. It is useful in diarrhoea, dyspepsia and dysentery. The nutritive value of butter-milk is so great that one tumblerful yields as much nourishment as two ounces of whole-meal bread. It has no rival as a cooling and refreshing thirst-quencher. It destroys intestinal germs. The lactic acid bacillus converts the milk into dahi or curd and turns it sour. This bacillus prevents the growth of other injurious bacilli. The butter-milk contains Vitamins A, B and C, protein, sugar. It is an important article of diet. It is really as valuable as milk. It is useful in beautifying your complexion. For external use, apply it to the face, neck and arms.

Massage the parts gently with butter-milk. It renders the skin soft and free from freckles and sun-burn.

He who dwells in the curd, who is within the curd whom the curd does not know, whose body the curd is, who rules the curd from within, is thy Atma, Inner Ruler (Antaryami), Immortal (Amritam).

Dangers of Meat-eating

Meat is not at all necessary for the keeping up of health. Meat-eating is highly deleterious to health. It brings a host of ailments such as tape-worm, albuminuria and other diseases of the kidneys. After all, man wants very little on this earth. Some bread, a little dal, will quite suffice to keep up his health, vigour and vitality. Killing of animals for food is a great sin. Instead of killing egoism and the idea of "Mine-ness", ignorant people kill innocent animals under the pretext of sacrifice to a goddess; but it is really to satisfy their tongues and palates. Horrible! Most inhuman! Ahimsa is the greatest of all virtues. "Ahimsa Paramo Dharma". Ahimsa is the first virtue that a spiritual aspirant should possess. We should have reverence for life. Lord Jesus says: "Blessed are the merciful, for they shall obtain mercy." Lord Jesus and Mahavira shouted at the top of their voice: "Regard every living being as thyself and harm no one." The law of Karma is inexorable, unrelenting and immutable. The pain you inflict upon another will rebound upon you, and the happiness you radiate

to another will come back to you, adding to your happiness.

Meat eating and alcoholism are closely allied. The craving for liquor dies a natural death when the meat diet is withdrawn. The question of birth control becomes very difficult in the case of those who take meat diet. To them, mind control is absolutely impossible. Mark how the meat-eating tiger is ferocious, and the cow and the elephant, which live on grass, are mild and peaceful! Meat has a direct evil influence on the compartments of the brain. The first step in spiritual advancement is the giving up of meat diet. The Divine light will not descend if the stomach is loaded with meat diet. In large meat-eating countries cancer mortality is very high. Vegetables are very good for health. Vegetarians keep up sound health till old age. Even in the West, in the hospitals, doctors are now putting patients on a vegetable diet. They convalesce very quickly.

Pythagoras, the Grecian Sage preached : "Do not kill or injure any creature." He condemned meat diet as sinful food : Just hear what he says : "Beware, O mortals, of defiling your bodies with sinful food ! There are cereals, there are fruits, bending their branches down by their weight, and luxurious grapes on the vines. There are sweet vegetables and herbs which the flame can render palatable and mellow. Nor are you denied milk, nor honey, fragrant of the aroma of the thyma flower. The beautiful earth offers you an abundance of pure food and provides for meals obtainable without slaughter and bloodshed."

If you want to stop taking mutton, fish, etc., just see with your own eyes the pitiable, struggling condition at the time of killing of the sheep. Now mercy and sympathy will arise in your heart. Then you will determine to give up flesh-eating. If you fail in this attempt, just change your environments and live in a vegetarian hotel where you cannot get mutton and fish, and move in that society where there is only vegetable diet. Always think of the evils of flesh-eating and the benefits of a vegetable diet. If this also cannot give you sufficient strength to stop this habit, go to the slaughter house and the butcher's shop and personally see the disgusting, rotten muscles, intestines, kidneys and other nasty parts of the animal, which emit bad smell. This will induce in you Vairagya and a strong disgust and hatred for meat-eating.

Carnivorous Foods Excite Passion

Friends ! Why do you run after carnivorous foods and spoil your health ? Carnivorous foods excite the passion and make the mind restless. Fruits exercise a soothing influence on the mind and subdue the passion. Man leads an artificial life in these days of modern civilization and scientific advancement. He lives on patent foods, drinks alcohol, puts on tight collars, attends theatres, eats all sorts of things in hotels and restaurants, forgets God and the goal of life, leads an unnatural life of dissipation and meets with various

sorts of diseases and premature death. What a sad, lamentable state !

A yogic diet is that which helps the aspirant to keep the mind calm and to curb the restless Indriyas. A yogic diet helps him to squeeze out the Rajas from his mind and fill the mind with Sattwa and to practise unceasing meditation. All the Indriyas should be filled with pure materials. Then only will the mind attain one-pointedness. Then only will it become pure. Then only can you attain self-realization. The eyes should see the picture of your Ishtam or any other holy object. The ears should hear the Upanishads, the Ramayana or the Bhagavat. The tongue should speak of matters that concern God. These are all pure materials or food for the Indriyas. Amongst the articles of yogic diet, fruits stand foremost in the Yogi's menu or regimen.

If you take pure food, you will have a pure mind. Man is formed out of the subtlest essence of food. If you have purity of mind, you will remember God or Atma. If you always remember Atma, the knots of the heart, viz., Avidya, Kama, Karma (ignorance, desire and action) will be untied. You will attain Moksha.

If you want to attain longevity and possess good health and vigour, you must go back to nature. Lead a simple natural life with high, sublime thinking. Live on fruits. Develop ethical virtues, control the Indriyas and mind, practise meditation, realise the Self and be ever free.

Avoid Over-eating

Man eats too much. This is admitted by all. Most of your diseases are due to over-eating. Your kind mother and grandmother have taught you over-eating from your childhood through their affection and indulgence.

Even when you are not hungry you try to stuff your stomach by taking recourse to spices, chutnies and pickles. It is the tongue that deludes you and does too much havoc. It goads you to eat this thing and that thing. The stomach really wants only a little. Even if you overload the stomach, it throws out the extra food-stuffs through vomiting and makes you give up the next meal by producing a bad sensation in your throat.

Simple, natural foods are quite sufficient to keep up good health and a high standard of vigour and vitality. You will have to create a good appetite by fasting and not by taking recourse to highly seasoned dishes, pickles and chutnies.

You eat even when you are not hungry. This is a sad mistake. If you are not really hungry, fast. You will have a good appetite for the next meal. Thousands of educated people load their stomachs even when they have no appetite, even when they suffer from dyspepsia, on the strength of some digestive mixture or pill or *choorna*. They do this act of folly daily and suffer afterwards, and still they call themselves highly educated, cultured and civilized.

Take simple, natural food. Eat only when you are hungry. Do not overload the stomach. Such is the law. You will have wonderful health if you follow this simple law.

Nature herself does rationing. If you eat too much sweetmeats and take too much sugar, the pancreas is overworked, you get diabetes ; and nature forces you to give up sugar. If you eat too much meat and proteins, the kidneys are overworked and you get albuminuria. Nature forces you to give up protein substances.

You can give up food for some days but you cannot do without water for some days. You can give up even water for some days, but you cannot give up air even for a short time. Yogis suspend their breath, get themselves buried for some months and yet there is life in them. Their life is kept up by some mysterious vital fluid, the nectar that dribbles from the Sahasrara, or the thousand petalled lotus, on the crown of the head. Modern physiologists cannot explain how life is kept up in Yogis even when food, water and air are entirely withdrawn and how their bodies derive their nutrition when they are buried. Earth, water, fire, air, are all products or modifications of Akasa Tattwa. If you know through Yoga how to tap Akasa, it will provide you all the things supplied by food, water and air, because Akasa is the mother substance.

Yogis tap the source, the Akasa, which is in the brain, drink the nectar and maintain life in their bodies. This is a secret known to Yogis only.

A glutton is unfit for the practice of Yoga. He who eats much deprives others of food and commits

a great sin. He must be punished. Give rest to the internal digestive organs by fasting. You can have a healthy long life.

May you grow wise from today at least and lead a healthy life by taking simple natural foods and giving up over-eating.

CHAPTER V

FRUITS FOR HEALTH

1. Fruits

Fruits are nature's own easy-made delicacies prepared under the fire of the sun. You can live on fruits alone. Fresh fruits, especially oranges, lemons, grape fruits, black-currants, are very rich in vitamin C. Fruits are regarded as a vital food and valuable appetizers. From a nutritional standpoint, they are valuable chiefly on account of their contents of vitamins and mineral salts.

If you live on fruits alone, the proper combination of protein, fat and carbo-hydrates must be obtained within the bulk eaten.

Fruits are poor in fat. But olives and avocado pears contain fat. They contain a fair amount of carbo-hydrates and proteins.

Bananas, figs, supply energy as they contain much sugar.

Fruits are of two kinds, *viz.*, flavour fruits and food fruits. Dried fruits like raisins, dates, dried bananas, are food fruits. Oranges are both flavour and food fruits. They are rich in calcium and Vitamins A, B and C.

Raisins and grapes are tartaric acid groups. Lemons and oranges are citric acid groups. Apple and plum are malic acid groups.

The aroma of fruits is due to the aromatic compounds formed by combination of the organic acids with the sugar.

Oranges and apricots contain pro-Vitamin A (carotene). Fruits supply fruit sugar, mineral salts and residues or roughage. Dried fruits such as prunes, apricots, peaches, pears, raisins, currants, contain no vitamin C. The vitamin is destroyed during the process of drying. They provide roughage, mineral ashes, particularly iron.

Do not take any of the citrous fruits with bread, cereals or any starchy food. It will not be a happy or harmonious combination.

During ripening, starch in the unripe fruit is converted into glucose, which is most readily absorbed by the body.

Although the fruit pulp is acid in taste, it is oxidized as an alkaline matter in the body on account of the formation of carbonates from acid salts. Therefore fruits aid in the keeping up of an acid-base equilibrium in the system.

Over-ripe fruit loses both food value and flavour. Throw them away at once without any hesitation. Do not give them to your servants.

Jams do not contain any vitamin C, but they supply energy. Many kinds of jam, particularly black-currant, goose-berry and rasp-berry, are beneficial in constipation, as they contain the pips and skin of these fruits. The glucose and fruitose of the jam are very readily absorbed by the body.

Citrus fruits, figs and pine apples contain a fair quantity of calcium. Prunes and dates, berries and grapes, are good sources of iron. The citrus fruits and juicy fruits are the best sources of Vitamin C. Dried fruits are important sources of nourishment.

Fruit juice nourishes the body with mineral salts and vitamins and reduces acidosis, which naturally increases during the attacks of most diseases.

Fruits may fall on the ground at the time of plucking and get contaminated with excreta or worms. Worms enter the stomach very often in this way. Therefore fruits must be thoroughly washed in water before use. Take fruits as a meal by themselves. This is the best way to take fruits.

Fruits are the best among all foodstuffs. They should form a large portion of your daily diet. They contain much mineral salts of the alkaline variety. These salts keep the blood pure and prevent it from becoming acid or sour. They maintain the bowels in a most healthy and active condition.

Do not take tinned fruits, as they contain poisonous chemical preservatives. Fruits become spoiled by the process of cooking.

Cherries, pears, plums, pomegranates, raisins, strawberries, are blood-forming fruits. Apples, grapes, lemons, oranges, pine apples, are blood-purifying fruits. They remove poisons from the blood. All juicy fruits are body-building and repairing foods. Grape-juice and orange juice remove blood pressure.

Milk can be taken with fruits. This is quite an agreeable combination. Milk and Bombay Bananas is a beautiful combination. Bananas can be eaten with cocoanut. One full cocoanut and four or five plantains will form a nice meal for a day.

2. Fruit Therapeutics

(Fruits are best foods and tonics)

1. **Apples** :—Apples contain Vitamins A, B and C, copper, potash, iron, phosphorus and malic acid. They aid digestion, clear the voice, correct the acidity of the stomach. They are valuable in nervous dyspepsia, rheumatism, liver troubles. They are not only a food, but also increase the flow of digestive juices and stimulate the lungs, liver, kidneys. They are tonic, mild laxative and blood-purifiers.

2. **Apricot (Khubani)** :—The Apricot is endowed with tonic and nutritious properties. The dried fruit quenches thirst in fevers. It is a laxative also.

3. **Bael fruit** :—This is useful in dysentery. Bael sharbat is cooling.

4. Bananas :—The Banana contains much starch and sugar, a little protein and no vitamins worth mention. But it serves as a cheap food. With the addition of milk it forms a complete meal. It contains a very small quantity of vitamins, magnesium, phosphorus, sulphur and copper also. Banana is useful in anaemia or bloodlessness as it contains some iron also. It improves the quality of the blood.

It is a mild laxative. It generates a great deal of energy.

5. Berries :—Berries are the most valuable foods of the organic minerals group. The different kinds of berries are even richer in mineral salts than the acid fruits. They are dried or preserved and taken during the winter. They are valuable home remedies as well. Berries are best eaten raw. They may be stewed or baked also.

Straw-berries :—They are rich in iron and Vitamin C. They give health and strength. They quench thirst. They are beneficial in weakness and enervation of convalescents who are recovering from serious diseases. They cool the system. They are useful in gravel or stone in the bladder and kidneys, disorders of the liver and eruptions that crop up on account of impure blood.

Cran-berries are useful in malaria and erysipelas. They are cut into pieces and mixed with honey. Black berries are useful in all cases of diarrhoea. They are excellent as a tonic.

Mulberries are excellent for sore-mouth and throat.

6. **Ber fruit** :—It purifies the blood and energises digestion. It possesses astringent properties.

7. **Cherries (*Alubukhara*)** :—They are very nutritious. They contain a large quantity of iron, malic acid, citric acid, sugar, pectin and minerals. They possess laxative properties and are cooling. They are useful in anaemia or bloodlessness, biliaryness, sluggishness of liver, vomiting, jaundice, piles, gonorrhoea.

8. **Custard apple (*Sitaphal*)** :—The unripe fruit has astringent properties. It is useful in diarrhoea, dysentery.

9. **Figs** :—Figs contain Vitamin B, potash, sodium, lime, phosphorus and magnesium. As they are very rich in sugar, they are an excellent source of energy. They soothe the chest. They are laxative. They are useful in disorders of liver and spleen, constipation, piles, gout, stone in the kidneys or the bladder.

The laxative property is due to the large amount of cellulose, tough skin and great number of small seeds. Soak the dried fig in cold water for 24 or 48 hours and then eat them twice a day. Fig is nutritious also. It is a tonic.

10. **Grape fruit (*Chakotra*)** :—It is a large fruit. It contains Vitamins A, B and C, potash, copper, iron. It is an appetizer. It energises digestion and stimulates the flow of gastric juice. It is nutritious and refrigerant. It quenches thirst. It is useful in fevers, constipation. It counteracts overweight. It has the same properties as the orange, lemon, lime and citron. The Tamil name is Bablimas.

11. **Grapes** :—Grapes dilute thick blood and remove obstructions from the liver and the lungs.

12. **Guava** :—It contains Vitamin C, sugar, etc. It is a good laxative. Take it with the rind or skin. It is a heart tonic as well. It is nutritious.

13. **Jack Fruit** :—The fruit is very palatable. The seed is roasted and taken. It is a good food. If it is taken in large quantities, it produces diarrhoea. It is difficult of digestion.

14. **Jambul** :—This is useful in diabetes, enlargement of spleen. The seed is dried and powdered. The powder is taken in diabetes. It quenches thirst and reduces the quantity of sugar in the urine.

15. **Leechee** :—It is very cheap. It has the taste of rose-water. It is a refrigerant or thirst quencher.

16. **Lemons** :—They are useful in thirst of fevers, biliousness, low fevers, rheumatism, colds, coughs, liver disorders. They are abundant in Vitamins A, B and C, lime, potash. They serve as an excellent mouth wash and gargle in pyorrhoea, etc.

17. **Oranges** :—Oranges are rich in vitamin C. They supply energy to the system quickly. They contain lime, phosphates. They help digestion, purify the blood and protect against rheumatism and pyorrhoea. They are mildly laxative. They prevent and cure colds. They are highly useful for brain workers, lecturers, orators and convalescents. They are very delicious and refrigerant. They quench thirst. Oranges are Maya's charms.

18. **Pears** :—It grows in abundance in Kashmir. The Hindi name is Naspati. It contains less acid than

almost any other fruit. It contains Vitamins B and C, potash, lime. Avocado pears contain fat. It is useful in anaemia or poverty of blood, constipation, gout. It is a valuable thirst-quencher. It is beneficial in stones in the bladder or kidneys. Take a dozen or more daily with the rind for a week or a fortnight. The stone will be dissolved.

19. **Wood apple (*Kapitha*)** :—This is useful in sore throat, diseases of the gums and throat, dyspepsia, biliousness.

3. Value of Fruits

Although fruits and vegetables are low in protein, carbo-hydrates and fats, they rank as protective foods because of richness in vitamins and minerals. Fruits supply alkaline minerals, Vitamins A and C, also citric, malic and tartaric acids and pectins. Fruits become potent remedies in many diseases. Fruit cures are becoming popular, such as lemon cure, grape cure, apple cure, etc., in Western countries and America. In these cures the patient is placed on an exclusively fruit diet for several days. There are fruitarian hotels in Europe and America. Fruits have remarkable internal cleansing effect.

Fruits are very valuable. They are included in the list of protective foods. They supply sugar and mineral salts, chiefly organic acid mixed with potassium and vitamins.

Nature has provided in luscious fruits all the curative medicines which are necessary to overcome all human

ills. She has provided in the fruits the most harmful stimulants, perfect tonics, the best purgatives, laxatives, digestives, carminatives, appetizers and antiseptics. Fruits are nature's predigested foods. The sugar of fruits requires no digestion. It is directly absorbed in the blood. They contain more than 70% pure distilled water. The starch of the fruit has been converted by the sun's action into glucose, which is readily assimilated.

Fresh, ripe fruits are best eaten new. Certain fruits which contain a large amount of hard cellulose must be cooked by stewing or baking. The cellulose is softened by cooking. Fruits should always be washed before use. Over-ripe and decaying fruits should be thrown away.

Fruit sugar is directly absorbed by the blood. It does not tax the digestive organs. The acids of the fruits combine with the alkalies in the digestive canal and form natural salts such as potash, soda, lime, which enter the blood stream directly.

Fruit should not be considered as a mere accessory to food. It must be certainly recognised as the best and most essential health food. It takes a vital part in health building.

Do not take fresh fruit with bread, as it produces fermentation. Fruits dissolve uric acid. Fruit juices quench thirst in a remarkable manner.

Lemons, apples, oranges, grapes, are potent blood-purifiers. They contain a large quantity of fruit sugar in easily assimilable forms. They are also valuable on account of the mineral salts. Figs, prunes and grapes

are good laxatives. Dry grapes or Munakka are nutritious and laxative. The different kinds of berries are richer in mineral salts than the acid fruits.

Bananas and grapes have a large content of carbo-hydrate. Grapes are a valuable source of iron. Oranges and lemons are highly valuable on account of the acids and their large amount of Vitamin C. Grapes, oranges and pomegranates allay the thirst in fevers. Pomegranate juice is an astringent. This is useful in diarrhoea. It should not be taken in cough and cold. Lemons are very useful in the treatment and prevention of scurvy and also in malarial fever.

Ripe mangoes are laxative and tonic. The juice of new roasted mangoes with a little salt, pepper and cumin seed is useful in the treatment and prevention of sunstroke. This preparation is called Panna in Hindi. Ripe bael fruit is useful in diarrhoea and dysentery. Plantains are very nutritious but difficult to digest. If you take a few big cardamoms after taking plantains, they will be digested easily.

Pine apple reduces a big spleen. Take it regularly for a month. It has a food value also.

Dried fruits are very valuable foods in winter. Do not take them in summer. They can be eaten without cooking or soaked in water and stewed in the liquid in which they are soaked. Dates, figs, raisins, currants, etc., come under this category.

4. Fruits for Health

Fruits are an ideal food. Nature has munificently provided in luscious fruits of various kinds all the

curative medicines really necessary to overcome all the ills that flesh is heir to. Fruits supply Vitamin 'C', mineral salts and roughage. They contain alkaline matter which helps to keep the blood pure and free from acidity. They keep the bowels open owing to roughage. They are endowed with restorative properties. The organic salts, the salts of life, are found in fruits.

Fresh juice contain vitamins and food minerals, especially lime and iron, which are indispensable in many body processes and which need to be given in great abundance under the conditions present in a disease. The curative effects of fresh juicy fruits are astonishing. These juices cleanse the tissues and throw away the morbid materials out of the system. They fill the body with vitalising or life giving mineral salts such as potassium, sodium, manganese, iron, calcium, etc. Juicy fruits supply food for the nerves and the brain. Some give food for the muscles.

Fruits are very good for invalids, also for those suffering from acute diseases. Fruits freshly plucked from the tree are very good.

Fruit juices are ideal beverages for children, the aged and the convalescents.

If you remove fruits from this world, half of the attraction will vanish. If you remove fruits, milk, sugar and woman, the attraction for the world will totally disappear. They are all products of Maya to make the passionate Jiva or man cling to this world.

He who dwells in the fruits juice, who is within the juice whom the juice does not know, who rules the

juice from within, is your own Atma, Antaryamin (Inner Ruler), Immortal (Amritam).

Grapes

Grapes are one of the best blood-purifiers. They are a valuable general tonic. The functional activity of all the organs of the body is stimulated by eating grapes. They cause general improvement and the tone of the body.

Grapes contain citric and tartaric acids. These acids are converted into alkalies after digestion and increase the alkalinity of the blood. Citric acid helps the absorption of uric acid deposits. Grapes can be taken as a laxative in constipation. They are useful in swelling of the feet and abdomen, dysentery, diarrhoea.

Grape juice is a delicious, health-giving, refreshing beverage. It allays thirst in fever. It can be given in all fevers, influenza, pneumonia, malaria, typhoid fever, etc. It gives nutrition in wasting diseases like consumption, chronic diarrhoea, etc. Of all the delicious fruits, one of the most nutritious and luscious is the grape. It produces a keen appetite and promotes digestion. It is highly beneficial for invalids and convalescents.

Grapes contain Vitamin B in abundance, which helps physical growth and development and removes mal-nutrition. There is a small quantity of Vitamin A also, which can remove many kinds of eye-diseases like chronic sore-eyes, night-blindness, etc. They abound in Vitamin C, which acts as an anti-scorbutic.

Grapes contain several mineral salts which help to build the tissues of the body. They contain plenty of iron. Hence they are useful in anaemia or poverty of blood. They are highly beneficial to women who suffer from excessive menstruation. After delivery they can take grapes with much benefit.

Oranges

The orange is rich in Vitamin B and very rich in Vitamin C. It contains a small quantity of Vitamin A. It promotes growth and prevents rickets and helps the development of bone and teeth on account of the Vitamin A. It is useful in anaemia or poverty of blood, indigestion, constipation, loss of appetite, weakness and lack of vigour, on account of Vitamin B. It prevents scurvy, loss of vigour, on account of its Vitamin C. The juice of the orange contains sugar, citric and mucilage and organic salts such as potassium citrate. It is refreshing and life-giving. It has a flavour. It is a food. It contains predigested food in a most delicious and attractive form, ready for immediate assimilation and absorption. It is useful in typhoid fever, pneumonia and other acute diseases. It sustains life. The juice of one or two oranges as the first thing in the morning or the juice of half a lemon in a glass of hot water at night, will exercise the most beneficial effect on the kidneys and the eliminative functions generally.

The adding of fruit juices, preferably orange juice, to the milk in infant feeding is highly beneficial. It is the best preventative for infantile diarrhoea, scurvy and constipation.

Orange juice renders the blood alkaline. It is a blood purifier and a good appetizer. It removes constipation and kills the germs in the stomach and intestines. It is highly beneficial in diabetes, liver and heart troubles, bilious affections. It checks bilious diarrhoea. It can be mixed with fresh grape juice. Then it becomes a powerful tonic for those suffering from anaemia, weakness, rickets, debility, etc.

Mango

In India, the mango is regarded as a valuable medicine. In Bhavaprakasa, a confection made of the juice of ripe mangoes, sugar and aromatics is recommended as a restorative tonic. The ripe fruit is invigorating, fattening, laxative and diuretic. It is endowed with excellent health-giving properties.

The mango is a very potent source of Vitamins A and C. 'Alphonso' mango is one of the most potent known natural sources of Vitamin C. It contains comparatively greater amount of Vitamin C than lemons, oranges, grapes and apples.

Mangoes can be eaten as staple food. Many people live on mangoes in the season. Generally people take milk after they take mangoes.

Pine Apple

Pine apple reduces enlarged spleen. It has considerable food value. It is both a medicine and food for singers and speakers. The juice has a remarkable effect on the vocal organs.

Apple

Apple supplies the higher nerve and muscle food. An apple a day keeps the doctor away. It is an English proverb. Apple and cream is a good combination for those who suffer from blood-pressure. Do not throw away the skin.

Bananas

Bananas contain much starch and sugar. They contain very little vitamins. They are useful foods.

Figs

Prunes and figs are laxative. They are useful in constipation. Green figs are excellent food. Tomatoe may be called a fruit or a vegetable. It is an ideal article of diet. It is rich in vitamin A, B and C. Dates are rich in sugar. They are staple articles of the Arabs. They contribute very greatly to the caloric value. Tamarind is rich in mineral salts and contains vitamin C.

Bael fruit

Bael fruit is used as a drink. The pulp is mixed with water. Sugar is added to make it tasty. It is a cooling drink useful in chronic diarrhoea and dysentery. It is a mild laxative.

Lemon

Lemon possesses anti-scorbutic properties. It is useful in bleeding gums. It is a blood purifier and

restorative. It is rich in Vitamin C. It contains citric acid in abundance.

Pomegranates

Pomegranate is highly delicious, refreshing and nutritious. The juice is useful in pneumonia, typhoid and acute diseases. It sustains life.

Sweet oranges

Satukudi sweet oranges (mossambis) are useful in fever. Malta is refreshing and delicious. Chikku is a blood purifier. It is rich in sugar. Papaya (Papitha) contains papain. It is very useful in dyspepsia. It is a digestive.

Celery is useful in rheumatism and dyspepsia. It is a nervine tonic. Cranberries are useful in malaria, erysipelas. Black berries are useful in fevers. Jack fruit is tasty but is difficult to digest.

5. The Triple Fruits Cures

Lemon cure :—Lemon-juice is a home remedy. It is endowed with healing, health-building, and health-protecting powers or properties. It is one of the best blood purifiers. Although lemon juice gives an acid taste to the tongue, its effect on the system is that of an alkali. Lemon has a power to produce a state of alkalinity. As soon as it enters the alimentary canal, it becomes alkaline due to the action of the digestive process.

Lemon juice fills the body with vigour and vitality. It energises and invigorates the system. It regulates

the action of the liver and removes biliousness, sluggishness of the liver. It removes the poisons and accumulated morbid waste products, which have clogged the organs. All the organs work more vigorously. Muscular power and brain power are augmented. It improves eye-sight and hearing also. It is useful in all troubles of the stomach. It removes the worms in the bowels in children.

Lemon juice cures rheumatism, gout, piles, skin diseases, asthma, bronchitis, influenza, catarrh, anaemia or bloodlessness, cough, fevers, diabetes, eczema.

It contains plenty of Vitamin C. It also contains Vitamins A and B. It contains, lime, phosphorus, potash, magnesium. It contains 7·5 per cent citric acid, and 2 to 3 per cent potash and phosphorus. It is an excellent thirst-quencher, anti-scorbutic, mouth wash and gargle. Adding of honey to lime juice is simply wonderful and beneficial. Lime juice is a source for alkali salts which are essential for health building. Vitamin C gives health protecting powers.

The percentage of potassium in lemon juice is greater than in either apple juice or grape juice. It is, therefore, useful in weakness of the heart.

It removes catarrh. Drop 2 to 3 drops of filtered juice in the eyes twice a day. It is useful in pyorrhoea as a gargle. The citric acid is a very powerful disinfectant.

If lemon is habitually taken as an important article of diet in the daily dietary, there will be happier homes, healthy children, robust mothers and strong adults.

In lemon cure for gout, rheumatism, skin diseases, etc., the patients begin with one lemon per day and increase the quantity daily till they arrive at fifteen. Then they reduce it daily by one. The whole course lasts for a month. Nothing should be taken besides lemons. Cold or hot water may be added to the lemon juice. Those who find it difficult to take the lemon cure for a month, can have it for a fortnight only. Clean the bowels with a clean warm water enema on the first day.

Apple cure :—Apple cure is beneficial in biliousness, dyspepsia, auto-intoxication, debility. You can take one, two or even three pounds per day for a few days. Begin with half a pound a day and gradually increase the quantity upto 3 lbs. Eat apples alone. You can drink water. Have a warm water enema on the first day. Do not remove the skin. Apples may be taken raw, or baked or stewed. You can take as much apple as you like. Fresh air, regular exercise, early rising, are necessary for success in the treatment.

Grape cure :—Grapes contain Vitamins A, B, C., potash, copper, iron, tartaric acid. Grapes counteract overweight. They are very good appetizers. They stimulate the flow of gastric juice. They are laxative and cooling. They purify the blood. They strengthen a feeble digestion.

Grape juice may be given in teaspoonful doses twice daily, to cure constipation in children and during teething. Grapes are useful in fevers.

Take half a pound grapes on the first day. Gradually increase the quantity to seven pounds.

You can continue this cure for one, two or three months.

The grape cure is highly beneficial in gastro-intestinal catarrh, wasting diseases like pulmonary tuberculosis, chronic, obstinate constipation, diseases of the heart, gout, dyspepsia, obesity, sluggishness of liver, chronic diarrhoea, chronic bronchitis, enlargement of spleen, chronic cystitis, scrofula.

The fruits not only cure diseases but renovate the whole system and supply abundant muscular and brain energy. They overhaul the system perfectly and keep the body in a high standard of vigour and vitality, and make the mind quite serene. If you find it difficult to undergo the full course, you can take the cure even for three days or a week or a fortnight. Ripe grapes partly dried in the sun are called raisins (munakka).

Munakka cure :—They are useful in constipation. Soak some raisins in a tumblerful of cold water at night. Strain the water in a cloth and drink it in the early morning. Take the raisins also. Throw away the seeds.

Raisins contain, potash, lime, phosphorus, etc. They do not contain any acid. One pound of raisins gives 1600 calories. They are useful in thirst of fevers, coughs, catarrh, jaundice, pulmonary tuberculosis, rheumatism, constipation. They are nutritious and give weight to the body by adding flesh.

Take two pounds of big raisins (munakka). Wash them thoroughly in cold or hot water. Put these raisins in a vessel at night and fill the vessel with pure water. Cover the water with a thin cloth. Eat these:

raisins only in the morning, noon and at night and drink the water in which the raisins were soaked. Continue this for a fortnight or a month. Reject the stones or seeds. Start with a small quantity and gradually increase the quantity daily.

You can take half to one pint of milk and quarter to half pound of almonds also, if you like.

This is highly useful in asthma, chronic cough, constipation, malnutrition, debility, disorders of liver and lungs, digestive complaints. This is a nutritious diet. It will help you to put on flesh. Eat raisins and keep fit.

Be truthful to the Indweller in the raisins. He who dwells within the raisins who is within the raisins, whom the raisins do not know, whose body is the raisins, who rules the raisins from within, is Thy Atma or Self, Inner Ruler, Immortal (Antaryamin, Amritam). Trust in God. The first and last essential to positive health is a perfect trust in God. Develop the positive divine virtues, Daivi Sampat such as courage, faith, sympathy, love, serenity, contentment. It is these virtues that give health, happiness, prosperity and longevity. Fruit and good diet are aids to health.

6. Apple

Apple is an excellent food and medicine. It contains Vitamins A, B, and C, copper, potash, iron, phosphorus and malic acid. It has an internal cleansing effect and eliminates toxic waste matter. It increases the flow of digestive juices and stimulates lungs, liver and kidneys. It is a tonic, mildly laxative and a blood

purifier. It contains a large amount of phosphorus. It is a nerve and brain food.

Apple juice is very nutritious, invigorating and energising. It produces laxative effects. It acts against any tendency to acidosis. Take the juice before meals. It will remove acidity. It is more easily absorbed by the system. It is useful in gout, debility, biliaryness, constipation, disorder of the kidneys and the liver, jaundice, loss of appetite, mal-nutrition, gastric and intestinal catarrh, sluggish liver. The juice kills germs.

The apple is very useful in functional disorders of the heart. It is a tonic. Apple and cream is a good combination for those who suffer from blood pressure. Take two or three apples at night. This will remove constipation. Do not remove the skin as it contains vitamin C. Apple is useful in stones in the kidneys or bladder. "Eat one apple a day. It will keep the doctor away." This is the proverb. Eat more apples and be healthy.

7. Dates

This is a staple food in Arabia. The Hindi name is *khajur*. In Tamil it is called *Pereechampalam*. The date supplies (70 per cent) three-fourths its weight of a natural sugar, glucose, that is ready for immediate absorption. The caloric value of dates is 98·4 of energy-producing power per ounce. It also contains a considerable amount of protein, lime, iron, vitamins and other essential food constituents. Dates contain more iron than meat.

It is rather low in minerals and yet definitely laxative. The form of sugar in the dates has already been predigested in the process of ripening. Date is a wholesome and valuable food. It is a good substitute for cane sugar for supplying energy to the system. It is the best fuel for the body. Lime, iron, vitamins, are not found in cane sugar. Date supplies heat and repairs waste quickly.

Date contain 15·4 per cent water, 74·6 per cent carbo-hydrates, 2·1 per cent protein, 1·8% cellulose, 1·3% mineral and 2·8% of extractives.

Dates should be thoroughly washed as they are dirty. Place the dates in hot water for a few minutes.

Those who suffer from constipation can take dates in abundance. Date is useful in consumption. It brings out the phlegm easily and soothes the chest. It checks the growth of putrefactive and poisonous germs in the intestines and helps the growth of useful friendly germs.

Put a few dates in the milk and boil the milk. This is very nutritious and restorative. The dried dates also can be soaked in milk for some time and taken.

8. Lemon (*Kaghzi nimbu*)

Lemon contains an abundant quantity of Vitamin C, lime and potash. It also contains an appreciable quantity of Vitamin B. It combats rheumatism, feverishness and biliousness. It is an excellent thirst quencher, mouth wash and gargle. It is an excellent

preventive and curative of scurvy as it is very rich in Vitamin C.

Lemon is invigorating, life sustaining and refreshing. You get nature's finest distilled elixir in its juice.

There is not much protein and fat in lemons. The percentage of potassium in lemon juice is greater than in either apple juice or grape juice. It is therefore highly beneficial in weakness of the heart. Potassium gives suppleness to muscular tissues and is a predominant element in the red corpuscles of the blood. It generates nerve energy. Lemon juice contains a valuable supply of calcium which builds the teeth and other bones and keeps them in repair. It contains magnesium also which hardens the enamel of the teeth, preserves lung tissues, builds cells, particularly nerve cells, and keeps the blood fluid.

Those who suffer from gout, rheumatism, sciatica, lumbago, arthritis, can freely take lemon juice. It gives alkalinity to the blood and destroys the accumulated uric acid in the system. In the 'lemon cure' for gout and rheumatism, the patients begin with one lemon per day and increase the number till they arrive at a dozen or more.

Lemon juice is one of the finest cleansing agencies to bring about better functioning of the little filters (kidneys) situated in the loins to carry off many impurities that would otherwise poison the blood stream. It can be freely taken in all cases where the blood has a tendency to become acid.

Add half a teaspoonful of the juice to a tumblerful of water. Gargle the mouth frequently. This is an

excellent remedy for the prevention and cure of pyorrhoea. Loose tooth will become firm.

Hot lemon-squash is useful in parched throat and in fevers. Sweeten it with honey if desired.

Lemon juice cleanses the blood. It, therefore, gives a feeling of freshness to the whole system. It bestows more muscular power to every limb. It improves the eye sight. Take the juice of a lemon in a glass of water every morning and every evening. This is highly beneficial in congestion of liver or threatened gall-bladder trouble. Lemon juice is useful in gastric troubles. It will bring new life to those who suffer from poverty of blood and who are in a debilitated state. It kills worms in the bowels. It is useful in piles, boils, asthma, bronchitis, influenza, catarrh, etc.

Gargle with lemon juice if there is a sore throat or threatened diphtheria. Mix equal parts of lemon juice and honey. Take a teaspoonful at a time if there is trouble in the larynx.

Add the juice of a lemon to a tumblerful of hot water. Add honey to taste. Take two ounces of this mixture every two hours. This is useful in cough, inflammations of the throat, etc.

Cut a lemon into thin slices, rind and all. Put it in an earthen vessel. Add two tumblers of water. Boil it till it is reduced to half a tumbler. Prepare this at night. Drink it in the morning. You can add honey to taste. This is useful in malaria. Take this for three days.

As an internal douche, a tablespoonful of juice in a pint of water is very cleansing.

Lemon juice is beneficial in correcting the alkalinity of urine.

Nausea and heartburn are relieved by taking a little juice in half a tumblerful of water. It is useful in enlargement of spleen. It reduces it in a few days.

For an enema put the juice of a lemon in two quarts of lukewarm water.

Rub your cheeks and other parts of the face with the skin of the lemon. This will remove pimples, freckles on the face and keep it soft and shining. Rub the scalp with the juice. Dandruff will disappear. The external application is useful in corns. Rub the corns with the juice.

The juice, the skin and the inner fibre of a lemon will remove the stains in the hands. The juice will remove the stains in clothing.

If lemon is habitually taken in your daily dietary and if you take lemon squash instead of tea or coffee, you will save doctor's bills and you will enjoy fine health.

9. Papaya

Papaya contains papain, an active principle which helps digestion. This fruit is useful in habitual constipation, piles, dyspepsia, chronic diarrhoea, deficiency of gastric juice. The green fruit is made into a nice vegetable curry.

The papaya possesses extraordinary nutritive values. It is richer in vitamins than almost any other fruit.

known. It is particularly notable for its richness in Vitamin A, one of the most important of all the vitamins, the chief sources of which are dairy products and greens.

The papaya contains half as much Vitamin A as does butter. It is also furnished with Vitamins B, C and D. These are the vitamins most essential for good nutrition.

There are very few fruits which contain so fine an assortment of vitamins as does the papaya. Its general introduction and liberal use throughout the country will surely have a lowering effect on the death-rate.

The free use of the papaya by children would undoubtedly result in an increase in the stature in the next generation, and a notable increase in the number of centenarians.

10. Fruit Juice

The juice of one or two oranges or the juice of a lemon in a glass of cold water as the first thing in the morning exercises a beneficial effect upon the kidneys and the eliminative functions. It has a powerful cleansing effect on the system.

Fruit juice is very useful for children in constipation, weakness, emaciation, etc. It tones them. The adding of orange juice to the milk of infants is beneficial. It prevents diarrhoea, scurvy. Nursing mothers should take plenty of fruit juice. Fruit juices are ideal beverages for children, the aged and the convalescents. Always take one kind of fruit juice at

a time. There is no incompatibility between the juices of fresh fruits and vegetables.

Take the juice on an empty stomach. Drink a tumbler of water. Then take a brisk walk. Internal cleansing work will be done more effectively. The old waste deposits that are settled in the tissues, muscles, cavities, will be eliminated quickly. Walking will accelerate the circulation of all fluids of the body.

11. Fruit Soup

Fruit soup is prepared in the following manner. Take equal quantities of dried fruit, such as prunes, peaches, apricots, raisins and pears. Wash them thoroughly. Soak them in cold water for two hours. Cover the vessel. Place it over a slow fire. Continue the cooking till they become tender but not smashed or broken. Add sugar to taste. Remove the vessel from the fire when the juice is thick. After it has become cold, add a tumbler of orange or grape juice.

Olives are excellent. They are very rich in fats, (about 50 per cent). They also contain a large amount of mineral salts. They are a good substitute for animal fat.

12. Fruit Fast

Do not take any solid food. Take only raisins or dates or figs or dried prunes, for 4 or 5 days or a week. Wash the fruits thoroughly. Drink plenty of water. Take a warm water enema during the fast. When you

break the fast, take fresh orange juice or pomegranate juice.

13. Fruit Salad

This is very nutritious, invigorating and energising. It will improve the blood qualitatively and quantitatively. Cut into pieces mangoes, pine apples, papaya, apple. Add orange, etc. Put them into a refrigerator. Take it whenever it is necessary. You can add a little ice-cream.

14. Fruit Drinks

The following fruit drinks can be used with much advantage in summer. They are delicious, nutritious and health-giving.

Apple Beverage

Take two apples. Do not remove the skin. Cut them into small slices. Keep them in a clean vessel. Pour on them a pint of boiling water. Add sugar or honey to taste. Allow the liquid to cool. Then strain. The drink is ready now. This is a good refrigerant also. It quenches thirst nicely. It invigorates and energises.

Triple Drink

Take two ounces of lemon juice, 2 ounces of orange juice, 2 ounces of pine apple juice. Mix them in a vessel or glass tumbler. Add 10 ounces or half a pint of cold water. Add now sugar or honey to taste.

Orange Lemonade

Take the juice of two lemons and two oranges. Add one pint of cold water. Now add sugar or honey to taste.

Plain Lemonade

Take the juice of two lemons. Add one pint of cold water. Now add sugar or honey to taste.

Raspberry Drink

Squeeze the juice of one quart of raspberries. Add the juice of two lemons and one orange. Now add two pints of water. Stir well. Now add sugar or honey to taste.

Mossimbi beverage

Take the juice of two mossimbis or the Madras Sathugudi. Add the juice of a lemon. Now add half a pint of cold water. Add sugar or honey to taste.

Superb Drink

Take the juice of a pomegranate, an orange, and an apple. Add half a pint of cold water. Add sugar or honey to taste.

Nectar Drops

Take the juice of one quart of grapes. Add the juice of a pomegranate and an orange. Add half a pint of cold water. Add sugar or honey to taste.

Mango Punch

Take the juice of four mangoes. Add half a pint of cold water, and four ounces of milk. Add sugar or honey to taste.

Celestial Ambrosia

Take the juice of one mossimbi, one pomegranate, one orange, one lemon, one mango, one apple, one pine apple, one quarter of grapes. Add a pint of cold water. Now add sugar or honey to taste.

Cooling Bael Drink

Take the pulp of one bael fruit. Crush it. Add half a pint of cold water. Add sugar to taste. It is useful in dysentery.

Rishi's Divine Drink

This can be had only in Rishikesh. This is Aqua Ganga Pura (pure Ganges Water). It is very refrigerating, purifying. It bestows salvation also. The water is sparkling, transparent like a crystal. It is extremely sweet. You cannot get such a drink anywhere in the world. It does not cost you anything. Glory to Mother Ganges!

Take the drink. Remember the Lord. Pray. Do Kirtan. Do Japa and sit for meditation. Be grateful to the Lord, the bestower of all these varieties of drinks, the creator of all these fruits, sugar and honey and the Indweller.

Repeat Om Namah Sivaya or Hari Om or Sri Ram when you take these drinks.

He who dwells in the fruit drinks, who is within the fruit drinks whom the fruit drinks do not know, whose body is the fruit drink, who rules the fruit drinks from within, is thy innermost Self, Inner Ruler, Immortal (Atma, Antaryami, Amritam).

CHAPTER VI

VEGETABLES AND HEALTH

Asparagus

This is a green vegetable. It contains salts and potash. Hence it is beneficial in rheumatism. It should be steamed. It is useful in stone in kidneys or bladder, gout, wind in the bowels, swelling in the body caused by valvular diseases of the heart.

Bitter Gourd (*Karela*)

If a little sugar or tamarind is added in cooking, the bitterness vanishes. It is useful in gout, rheumatism, diseases of the spleen and the liver, leprosy, piles and jaundice.

Bottle Gourd (*Lauki*)

This is suitable for invalids. It is cooling, diuretic and antibilious.

Brinjal

This is useful in liver complaints. It should be taken when tender.

Cocoanut

It contains fat, calcium, phosphorus and iron. It is the king of nuts. Water from green cocoanuts is a refreshing drink. Cocoanut water contains some mineral salts and a little sugar. It is rich in vitamins. Cocoanut water is taken during fasting. One ounce of cocoanut gives 167 calories. Dry cocoanut contains nearly 50% of oil and about 25% of carbo-hydrates. It serves as a good food also. It is taken with bananas. It is a healthy and harmonious combination. Chewing of cocoanut is useful in ulcers of the mouth and the tongue. Cocoanut is an efficacious remedy for intestinal worms of all kinds. A teaspoonful of the fresh cocoanut oil in the early morning is useful in tape worm. It should be followed by a dose of castor oil.

Cucumber

This is a raw food. It has a cooling and refreshing effect. It is a refrigerant and quenches thirst. It is rich in potassium. It contains sodium, magnesium, iron, phosphorus, sulphur, chlorine, silicon.

Cucumber is wholesome. It contains vitamins and mineral salts which aid in maintaining the alkalinity of the blood. It provides roughage and prevents constipation.

Carrot (*Gajar*)

Carrot is very rich in Vitamins A and C, lime, phosphorus, iron and potash. It is endowed with antiseptic properties. It prevents putrefaction in the bowels. Hence it is useful in diarrhoea.

Carrot is particularly beneficial in anaemia or bloodlessness and infectious disorders. It is as good as cod-liver oil or red palm oil or milk, as a source of Vitamin A (carotene).

Carrot purifies the blood. Carrot juice is an excellent substitute for iron tonic. The raw juice should be taken.

Cabbage (*Karam Kalla*)

It contains the Vitamins A, B and C, sulphur, calcium, phosphorus, iron, sodium and potassium. It is rich in Vitamin C. It is a skin tonic. It is useful in constipation, diabetes, gout, gravel, anaemia, adiposis or corpulences, dyspepsia, acidosis. The vegetable should be taken either raw or steamed.

Celery

Celery is rich in vitamins and foodstuffs. It contains lime, iron, soda, potash, copper. It is a specific for rheumatism, arthritis, gout and indigestion. This vegetable is mostly eaten raw. The juice of celery can be mixed with carrot juice with best advantage. The organic sodium of celery dissolves the calcium deposits which are contained in the joints. Celery contains a large quantity of sodium. Celery can be made into a nice salad with spinach. The juice should be taken in abundance in the treatment of rheumatism, arthritis.

Lentils

This is a valuable vegetable. It is rich in iron and lime. This is a strengthening food. It is useful in constipation.

Methi (*Fenugreek*)

This is useful in anaemia or bloodlessness, scrofula, rickets, diabetes, gout, debility.

Potatoes

This is the most valuable vegetable. It contains Vitamins A, B and C, soda, potash, iron and starch. It is beneficial in rheumatism, anaemia. It contains a large quantity of alkaline salts. It is very rich in soda and potash. Therefore it is useful in acidosis. It is deficient in lime. Therefore it should be combined with green leafy vegetables such as spinach, mustard, or supplemented by milk.

Boil the potatoes with the skin and eat them with it. The skin serves as a good roughage. This will conserve most of the protein and mineral salts. Use just enough water to suffice to cook them. The water should not be thrown away, if you want to obtain the full value and benefit of potatoes. The water in which potatoes are boiled can be used for making soups. It contains proteins and minerals. Potato is one of the most easily digestible foods.

Potato is useful in gout, rheumatism, scurvy and rickets, stones in the kidneys, chronic constipation.

dropsy. It contains anti-scorbutic and anti-neuretic vitamins. It dissolves uric acid and lime.

Potatoes can be baked or steamed.

If orange juice is not available, potato soup or porridge can be given as substitute for orange juice in the artificial feeding of infants and also for children.

Lettuce (*Kabu, Salaad*)

Lettuce is a green leafy vegetable. It has a good flavour. It contains iron, phosphorus, lime, potash, and Vitamins A, B and C. It is an excellent source of Vitamin C. The outer leaves are richest as the sun and air have a greater access to them.

This is a wonderful internal cleanser. It supplies bulk or roughage to produce evacuation of the bowels. It is useful in those who have a tendency to develop obesity. It is useful in treating obesity, anaemia or bloodlessness, diabetes.

The juice is useful in palpitation of the heart. Lettuce salad is liked very much by Europeans. The addition of lemon juice makes it more palatable and flavouring.

Vegetables that are eaten raw should be thoroughly washed in a weak solution of potassium permanganate or chloride of lime. They should then be carefully washed in pure water.

Spinach (*Palak*)

Spinach is the poor man's milk. It is a substitute for milk. It is very easily digestible. It is cooling and nutritious. It contains a large amount of vitamins.

calcium. It is rich in iron. Hence it is useful in anaemia or bloodlessness. It is slightly laxative. It cleanses the system of impurities. It is beneficial in gout diabetes, obesity.

It promotes growth and development of the body.

Cook spinach with a small quantity of water, so that no water will be thrown away. The water contains all minerals and nutrition.

Tomatoes

Tomatoes are the richest of all the foods, in vitamins. They are rich in all the Vitamins A, B and C. Most fruits and vegetables are deficient in one or more. They contain lime, phosphorus, iron, potassium, sodium, citric acid, malic acid, oxalic acid. They can be eaten freely by diabetics. They are blood-purifiers. They stimulate the kidneys. They are highly beneficial in rickets, disorders of the kidneys and mal-nutrition. They are endowed with anti-scorbutic properties. Hence they prevent and cure scurvy.

They eliminate disease particles from the system and open the natural channels of the body. They keep the blood in an alkaline state on account of their rich contents of food minerals and they give a high power of resistance to the disease. They are protective foods.

The juice is very useful to bottle-fed infants. Tomatoes are useful in dyspepsia and sluggishness of liver. They exercise a stimulating influence on the liver.

Tomatoes are richer in iron than apples, pears, oranges, grapes and peaches. They contain potash salts

more than fruits and many other vegetables. They are an excellent and potent blood purifier. That is the reason why people are dying for tomatoes and are preserving them.

Tomato is the king of all vegetables. It ranks first among vegetables. It waged war with spinach, potatoes and other vegetables to occupy the first place among vegetables. It has definitely succeeded. Rightly it deserves the first position. Its composition places it under the category of fruits rather than vegetables.

Turnip

It is a tuber food plant. It contains less carbohydrates. Hence it is useful in diabetes. The top leaves also must be eaten. It is richer in lime than other roots. The tops may be used in a salad. Turnip tops are rich in iron and calcium.

They contain, iron, soda, potash, magnesium also. The juice of turnip top is a powerful alkaliniser of the blood. It can be combined beneficially with the juices of carrot, celery and lettuce. Turnip top-juice hardens the soft bones. It is highly beneficial in growing children and persons whose bones, teeth and tissues are deficient in calcium content. Turnip juice boiled with sugar is a remedy for chronic cough.

2. Value of Vegetables

Green vegetables contain a large quantity of water, a little starch and a very small amount of protein and fat. They contain a relatively large amount

of mineral salts, cellulose, and also vitamins. Their value in the diet is due to mineral salts and vitamins.

Vegetables may be divided into three classes : (1) With seeds or fruit vegetables, (2) Greens, (3) Roots or Tubers.

Beans, peas, snake gourd, brinjal, ladies fingers, pumpkin, red, cucumber, tori, lauki, white pumpkin, tomato, gourd, come under the first category.

Torai, lauki, (bottle gourd), snake gourd and white pumpkin are particularly useful for the diet as they are easily digestible.

Spinach (palak), purslane (kulfi), fenugreek (methi), dill (soya), cabbage (band gobhi), cauliflower, watercress, are all green vegetables. Dill, purslane and spinach are the best for sick patients. Kulfi is beneficial in diabetes.

Carrot, topioca, potato, sweet potatoes, radish, yams, turnip (salgam), onions, garlic, are all roots or tubers.

Carrot is a brain tonic. It is nutritious. It is rich in Vitamin C and mineral salts such as calcium. Carrot Halwa is very palatable and nutritious. Radish raw or cooked is useful in piles and jaundice. Onion is useful in cholera and sunstroke. It is an aphrodisiac. It is useful in impotence. Garlic is useful in lumbago, tuberculosis. Onions and garlic are fairly rich in Vitamin C. They contain a powerful antiseptic substitute.

Leafy Vegetables

Mother nature has demonstrated her marvellous skill and power in cultivating these wonderful eatables.

for her children in her cosmic divine garden. How kind and merciful She is! She has compounded and beautifully blended all the essentials of life in various kinds of fruits and vegetables to give proper strength, viz., vitality, vigour, energy, to her children.

Leafy vegetables are a blessing to humanity. They are substitutes for milk. They are the very bases of life. They help the growth and development of the body. They are protective foods. Alkaline mineral salts are abundant in leafy vegetables. Hence they afford effective resistance against infection. They give protection to the body against invading infection, pathogenic or disease-causing germs. If you add a liberal supply of leafy vegetables to the pulses, then it becomes a perfect diet. The deficiencies of the pulses are made good by the leafy vegetables. The vitamins of the leafy vegetables aid the digestion and perfect assimilation of the proteins of the pulses.

The leafy vegetables like spinach contain all the mineral elements. These serve the purpose of milk for the poor people. Vegetables contain cellulose. Therefore they are useful in constipation. They stimulate the secretion of bile and therefore assist digestion.

Vegetables supply roughage for the proper functioning of the organs of evacuation. The leaves of green vegetables are the lungs and livers of plants. Hence they are storehouses of vitamins and mineral salts. Leafy vegetables should find a place in the dietary of all. The Chinese use a large quantity of leafy vegetables. So rickets is unknown to them. The green

vegetables are most beneficial when eaten raw. Lemon juice may be added.

Vegetables like fruits are a valuable source for Vitamin C. Green vegetables and carrots contain pro-vitamin A. Most vegetables contain Vitamin B. There is no fat in vegetables. Broad beans, fresh peas, apricot and butter beans, dried peas and lentils, contain 4 to 8 per cent of protein.

Leguminous vegetables like peas, beans and lentils contain more protein than meat (25 per cent). They should be taken with juicy fruits or vegetables. Dried peas, beans and lentils are wholesome.

The leafy and juicy vegetables are very rich in organic salts. They are rich sources of Vitamins A, B, and C. Therefore they afford nutrition. Further they have medicinal value also. Hence they are useful in balancing the acid-generating sugars, fats, proteins and starches. They prevent the blood from becoming acid and they balance the acid-producing tendencies of meat and cereal germs.

Some vegetables are eaten raw. Some others require to be cooked, singly or in combination with other food materials. Cabbage is the most valuable of all leafy vegetables. Spinach, tops of radish and beetroot, watercress and other leafy vegetables are valuable supplements to food. They afford nutrition, to a cereal diet, make up the deficiency and make it a perfect diet. They raise the nutritive level of a diet which is formed of cereals. Leafy vegetables are protective foods. They contain the mineral elements calcium, sodium and chlorine. They supply

the mineral salts that are deficient in our staple food grains. Leafy vegetables provide roughage on account of their cellulose and help free motion of the bowels.

Fresh tomatoes, cucumber, various kinds of gourds, contain a fair amount of Vitamin C. Pumpkin is not nutritious, but it supplies roughage which helps the evacuation of bowels and prevents constipation.

Potato is the most important among roots or tubers. It supplies an excellent form of starch. It contains iron and Vitamin C also. It retains a high percentage of Vitamin C even after cooking.

Tomato is one of the best of all vegetables. It is rich in the three Vitamins A, B and C. It gives sure protection against beri beri and scurvy.

Lettuce, celery, cabbages, spinach, watercress, rank highest in organic mineral salts. Tomatoes, cauli-flower, onions, radish, cucumbers, come next.

Water-melons, musk-melons, are cooling summer foods. They are abundant in organic salts which purify blood.

Fruits or vegetables with nuts are the best food for all. Eat a variety of vegetables. You will supply all the organic mineral salts to the blood.

Carrots are blood-forming vegetables. Garlic and onions are blood-purifying tubers. Tomato is both a blood-forming and blood-purifying vegetable. Beans, peas, lettuce, spinach, cabbage, are body-building and repairing foods.

CHAPTER VII

HYDROPATHY OR WATER CURE

1. Keep the Skin Healthy

Skin (Tvacha) is the organ of touch. It is the organ for sensations of temperature and pressure also. It is one of the five Gyana Indriyas or organs of perception.

The skin consists of two parts, epidermis or the outer layer, and dermis, the inner layer.

The skin throws out twelve ounces of impurity every twenty-four hours. There are seven million pores in the skin, which if measured would cover thirty miles in length. They eliminate twenty-five per cent of water each day. There are two sets of glands in the skin, viz., sebaceous glands which secrete sebum or fat which keeps the skin soft, and sweat glands which excrete sweat.

The skin is an excretory organ through the pores of which waste products from the blood are thrown out. Some carbon dioxide also passes through skin. We breathe through the skin and lungs. From each of its pores constantly flows a stream laden with poisonous products of disintegration. When the perspiration evaporates it leaves behind it the waste products which are deposited as a thin film over the whole surface of the skin. If the dirt of the skin is not removed, the accumulation continues to increase. It undergoes decomposition. It putrefies and emits a stinking odour.

The unclean accumulation chokes the mouths of the millions of pores on the skin and stands in the way of the proper functioning of the skin. The waste matter that accumulates in sickness is more abundant than in health and is more poisonous.

The skin is the great gateway through which nature tries to throw off the waste materials and poisons collected in the system through errors in diet, unhygienic living, etc.

The skin is a most wonderful and intricate piece of bodily mechanism designed by nature for various purposes. It is part of the whole organism. It gives beauty or protects the inner organism. It regulates the temperature of the body and throws out cell waste, poisons or toxic matter and bodily refuse. The skin, the kidneys and the large bowels represent the sewers of the body. If the skin is clogged, various diseases of the skin develop, and the functioning of the whole system seriously suffers.

If the kidneys are in a diseased condition, the skin works more vigorously and tries to throw out the poison as quickly as possible.

The whole external skin is a breathing organ. It is continually discharging impurities from the body. Worn out matter from the system is thrown out through the medium of the skin. The skin holds very near and powerful relations with the lungs, the stomach, and other internal organs, in its anatomical structures and functional character. It behoves us therefore, to keep the skin in a healthy condition to enable it to perform

its function in a vigorous manner. Hence daily bathing is a *sine-qua-non*.

The skin should be kept clean by daily bathing. Bathing in cold water followed by friction with a towel cleanses the skin and invigorates the body.

2. Different Kinds of Bath

(i) Air Bath

Remove all your clothes and stand before the electric fan. Rub all parts of the body with your hands nicely. Turn your body while rubbing. Rub till the skin is flushed. You can finish this bath within five minutes. If you feel chill, it indicates that the bath should be terminated at once.

A cabinet is specially made for taking an air bath. After the air bath you can massage the body with mustard oil. An air bath braces up your constipation. It invigorates the arteries and nerves. The pores of the skin are opened up nicely. Carbondioxide comes out of the body freely. Oxygen goes in. Blood is cooled.

(ii) Alkaline Bath

Dissolve five ounces of washing soda (sodium carbonate) in thirty gallons of tepid water. This will give you an alkaline bath. It is highly beneficial in eczema and other skin diseases. It softens the skin, and removes unhealthy scabs or scales on the skin.

(iii) Antiseptic Neem Bath

Boil 12 pounds of neem leaves in water. Remove the leaves and add this water to 30. gallons of tepid water. This removes itching of the skin and kills the germs or parasites of various skin diseases. This is useful in boils, ulcers, contusion, bruises, etc.

(iv) Bit by Bit Cold Bath

Rub the head and neck with cold water and then dry the parts. Then rub the front and back of the trunk with cold water and then dry the parts. Then take up the arms and shoulders and treat them in a similar manner. Then come to the thighs, then to the legs and then the feet. This form of cold bath is beneficial in weak persons.

(v) Blanket Pack

Wear a kowpeen or langotee. Cover yourself with several woolen blankets. Drink one or two tumblers of hot water. This is useful in chill. This will promote perspiration also.

(vi) Cold Bath

The Naturopath makes the fullest use of the cleansing and healing qualities of cold and hot water.

The health and efficiency of the skin can be maintained by daily cold bath. Cold bath is very refreshing and invigorating. The effect of a cold bath is to drive the blood from the skin to the interior of the body. Rub the skin vigorously with a rough towel. This will cleanse the pores, tone the circulation of the

blood and give energy to the nerves. Take bath before sunrise. Always first pour water on the head.

Those who can enjoy a cold bath should certainly take it every day. It is one of the best health measures that exist. It stimulates all the functions of the body and makes the skin much more resistant to cold. Cold baths are tonics for those who are in robust health.

The blood of a modern civilised man or woman is more readily poisoned than was the case generations ago, on account of errors in diet, luxurious, unnatural ways of living, dissipation, etc. He habitually overclothes and never takes a sun bath. Our forefathers had long life and good health. At 20, they swam across a river during flood, they cut fire wood and walked thirty miles. At the present moment children beget children. Man has become effeminate, boys and girls wear spectacles at the age of 10. They want a riksha or a tonga to go a short distance. They cannot walk even a few furlongs. They want hot water for bath, a tub and a scented soap. What a sad state!

A cold bath cools and soothes the nerve endings of the skin. A cold bath, once, twice and even thrice daily, will be highly conducive to health and never harmful.

Soap is not necessary for cleansing the skin. It removes the fatty exudation from the skin and makes the skin dry. It has become a fashion now to use soap. The modern civilised boy or girl, man or woman, cannot remain without using soap.

Cold water baths are Nature's tonic for increasing the nerve power and making the body immune against

any sudden changes of temperature and exposure. Spiritual aspirants and pious Hindu men and women take bath in the Ganges or the Jumna just before sunrise, do their Sandhya, Japa; offer Arghya and prayer to the sun and maintain a high standard of health, vigour and vitality and attain longevity.

Never take a cold bath when you feel chill. Do not take a cold bath when your body is overheated from the exercises or practice of Yogasanas. Rest a while, let the body cool sufficiently.

A plunge bath in the early morning in a river is very refreshing. It tones the nerves and the brain. It makes one vigorous and jubilant. Some live on the banks of the Ganges for several years and yet do not take a bath even once in their life time. What an unfortunate sort of people ! Highly pitiable indeed !

Fill a pot with cold water, raise it over the head and pour it on the head. You can repeat this as many times as you like. This is highly invigorating and beneficial. Dash cold water on the face with closed eyes and on the top of the head several times daily and just before meditation in the early morning hour. You will derive immense benefits.

A cold bath is a coat of mail against cold, catarrhs and influenza. It is life, tonic and vitality for a thinker, a professor, a brain worker, the plodding student the busy doctor and the hard working advocate. It is a sheet anchor against a host of diseases.

Cold sponging and friction with a rough towel for 10 or 15 minutes is a powerful tonic. The benefits

derived from cold sponging are marvellous and incalculable. If you cannot take a cold bath, take recourse to cold sponging. Dashing cold water quickly over the body is a sure tonic.

(vii) Cold Sponging

This cleanses the skin. It also cools the body and brings down the temperature.

Dip a rough towel in cold water. Wring it out. Let some water remain in the towel. Rub the whole body briskly. If the towel becomes too dry, it should be dipped in cold water and wrung out again. This is an alternative to the morning sitz bath. Sponge the whole body.

In high fevers repeat the process till the temperature comes down. After sponging cover up the body of the patient with dry cloth. Change the bed sheet.

(viii) Cold & Sitz Bath

The sitz bath, also known as the hip bath, is one of the most useful baths employed in hydropathic treatment.

Fill an empty bath-tub with cold water. In summer cool the water by storing it in earthen spots. When you sit in the tub the water should come to the level of the navel. From four to six gallons of water will be necessary. The knees should be above the water. The hips, the feet and the sexual organs should be in the water. You can also sit with the legs and feet outside or place the feet on a small stool, or in a bucket of hot water in the case of hot sitz bath.

Rub vigorously with both hands the abdomen, the groin, the perineum, for two or three minutes. Then come out of the bath, dry with a rough towel and put on your dress.

Spread the knees apart and vigorously dash water over the abdomen with the hollow of the hand. Then rub briskly the abdomen with both hands. You can do like this also.

Women also can take this bath. The duration of the bath should be gradually increased as you become more accustomed to it.

This bath is highly beneficial in building vitality. It keeps you quite fit and healthy. It augments the general functional vigour. It strengthens all the organs that are contained in the regions of the hip or pelvic cavity such as ovaries, uterus, bladder, rectum, urethra, or the urinary canal, etc. This bath is of special value in all sexual diseases. It is useful in gonorrhoea, impotency, painful erection, wet dreams or spermatorrhoea, painful, excessive or insufficient menstruation, piles, diarrhoea, dysentery. Women can take the bath during periods also.

The bath increases the circulation of blood in these parts very greatly and strengthens the parts. It removes constipation and helps the regular movement of the bowels. It exercises a sure strengthening effect upon the whole sexual organism. It gives sexual strength and builds nervous vigour.

(ix) Cold Immersion Bath

It is a more drastic method than wet pack. It is used when it is desired to bring down the temperature

quickly. It is a beneficial emergency remedy in high fevers or hyperpyrexia. The tub used should be large and deep enough to immerse the patient. Put the patient in the tub half filled with water. Then add water for complete immersion of the body.

If a suitable bath tub is not available place the patient on a mattress over a cot. Place a wet sheet over the body and go on pouring water over this cover. This will bring down the temperature quickly.

The cold immersion bath is a potent means of promoting vital resistance and maintaining the health of the body in a healthy manner. Have an instantaneous immersion of the whole body as quickly as possible. Pour water over the head also. Finish the bath within twenty seconds. Rub the surface of the body vigorously when you are in the bath. Get out of the bath and wipe the body with a dry, coarse towel.

(x) Cold water Current on Head

Let the patient lie down on a cot. Let the head hang down a bit at the edge of the cot. Pour cold water in a stream over the head for some time. Then dry the wet parts with a clean towel. This will also relieve the congestion in the brain by drawing the blood to the feet. Or you can place hot water bottles wrapped in cloth by the side of the legs and the feet.

(xi) Cold Compress

Cold water compress is a convenient method of applying cold to a localised area of the body. Several folds of old, clean cloth or lint are dipped in cold

water and wrung out. The folded piece is then put over the part and covered with a piece of plantain leaf or oiled silk or paper, and bandaged. A layer of cotton wool may be put over the plantain leaf or oiled silk or paper.

(xii) Dry friction Bath

This bath can be taken with a rough dry towel. Begin with the face, neck and chest. Rub the parts nicely with the towel. Then rub the arm. Begin at the arm and rub towards the shoulders. Then rub the feet, then the ankle and then the leg. Then do the other leg and foot. Then rub the hips and the trunk. Rub till the skin becomes slightly red. Rub the parts quickly backwards and forwards. You can finish this bath within two or three minutes.

(xiii) Exercise Bath

Swimming is certainly the best form of bath as well as the best form of exercise. You can secure most of the advantages of the swimming bath by combining exercise with the cold bath in an ordinary bath tub. There is a small special apparatus for this. The bather sits in a bath tub partly filled with water and dashes water over himself. At the same time he does the movements of rowing. The apparatus consists of a pair of handles. A dipper and a rubber cord are fixed to the handles. The bather fills the bowl when he moves forwards. He dashes water over his body when he draws the bowl towards his chest and bends his body back.

This is a tonic bath. This is a restorative in general weakness. It is useful in constipation.

Various kinds of exercises also are done during the bath. There is a rhythmic movement which brings every muscle of the body into action. If the arteries are in a hardened condition, the easy rhythmic movements in the tepid water will produce relaxation of mind and muscle. The stimulation of the circulation of blood will dissolve and wash away the deposits of lime. There is self-massage of the different parts of the body while exercising. The water that is used is tepid. The quantity of water should be sufficient to cover the body when in a recumbent position.

Bend the legs and massage the legs and thighs and buttocks with your hands. Bend the legs and massage the chest and shoulders and arms. Massage the head, face and neck. Massage the abdomen. Raise the trunk and massage the spine and back.

Bend the leg and arm alternately. Extend the limbs of one side, while contracting the limbs of the other side of the bbdy. You can twist or roll the waist under water.

These are all remedial and health exercises done under water. These exercises impart health, vigour, remove varicus diseases and tone the nerves and the blood-vessels and the whole system.

(xiv) Epsom Salt Bath

Dissolve two to three pounds of commercial Epsom salt in a tub of hot water. Immerse the trunk, thighs and legs in the water from fifteen to twenty minutes.

The best time to take this bath is just before going to bed.

This is useful in rheumatism, sciatica, lumbago, neuritis, colds, catarrh, disorders of the kidneys and other uric acid skin diseases. Never use soap when you take this bath as this spoils the beneficial effects of the bath. This bath neutralises the acid waste products that are deposited in the tissues.

(xv) Foot Bath

If you take a cold bath, the blood vessels of the skin contract and the skin becomes cold. The blood is driven inside to the organs, etc. If you take a hot both the blood from inside is drawn towards the skin and the blood vessels of the skin dilate or expand. This indicates that blood may be drawn from one part of the body to another by moist heat. If there is congestion or accumulation of blood in one part of the body, you can draw a portion of the blood from the congested part and relieve pain and pressure in that part by applying heat to another part of the body. Foot bath is based on this principle.

This is a very useful method of heating the feet. The water should be as hot as can be endured. The temperature may be from 105 to 115 degrees. The temperature of the water can be gradually raised. The deeper the water, the greater the effect. Hot water is filled in a basin. The patient sits on a stool or chair and dips his feet in the water. Water may be poured over the knees in this position. By this way the entire leg may be kept hot. The patient may

be wrapped with a blanket. He can get better effects by covering himself with a blanket.

The hot foot-bath is an excellent means of relieving severe pain in the head, also ovarian and menstrual pains. A foot-bath will induce good sleep and relieve croup and congestion of lungs in children. This is useful in patients who are confined to bed for a long time. It is useful in catarrh or cold in the nose.

It is taken in bed also. It can be given for a long period at a stretch. The lying position is the best for prolonged foot bath. The vessel should be placed as close to the buttocks as possible. The patient should place the feet inside, bending his legs at the knees. The bedding may be protected by a thick cloth placed under the tub.

At the end of the bath, the feet should be rubbed clean and dried and protected from exposure.

You can raise the temperature of the water by adding water gradually, as long as the patient can bear it. Do not burn the feet of the patient. Place your own hand between the feet and the hot water you are adding. The feet should remain in the hot water for ten or twenty minutes. If you wish to produce sleep in the patient, it should be prolonged. The water need not be very hot. It should be soothing and warm.

(xvi) Friction hip Bath

Pour cold water in the bath tub. Sit in the tub with water up to the navel. Place the feet outside the tub. Rub the abdomen with the hands vigorously from side to side as far back as possible and from the

navel downwards to the root of the reproductive organ. You can take this bath twice daily. The bath can be continued for thirty minutes.

At the end of the bath, wipe the body with a dry towel and put on your dress. You can have a short walk in the sunshine. If the patient is weak, he can be wrapped in bed for half an hour.

This bath cools the internal organs, improves digestion and promotes the activity of the kidneys. It tones the pelvic organs and removes flatulence or wind in the bowels. This stops wet dreams and the discharge in gonorrhoea. It refreshes, invigorates and energises the system.

(xvii) Friction Sitz Bath

Use cold water for this bath. Four or five gallons of water are needed. Any kind of tub will serve the purpose. It should be deep and broad enough to hold a stool to serve as a seat. The stool may be about 4 to 6 inches in height. Enough water should be poured to be on a level with the seat or a little higher.

The bather should sit without clothing, with his legs hanging over the edge.

Men and boys should draw the foreskin of the organ forward and gently rub the extremity of the foreskin with a coarse cloth. They should do this under the surface of the water. The inner part should not be rubbed. This bath lasts for ten to forty minutes or an hour according to age and constitution. Those who have no foreskin or prepuce can rub the

perineum, the space between the anus and the external organ of generation.

This bath is highly beneficial in all sexual diseases. In acute cases it is taken again and again and lasts till the fever diminishes. Women and girls should rub gently the outer private parts with a coarse towel.

(xviii) Hot and Cold Bath

There are three kinds of baths *viz.*, cold, tepid, and hot. Hot baths are useful because they increase the excretory functions of the skin and stimulate the glands to renewed activity and thus get rid of waste products from the body. Hot baths are beneficial for sick persons and convalescents and for those who take ordinary or medicated oil baths.

Do not take a hot bath in an exposed place. Do not expose yourself to chill winds or draughts of cold air. This is very important. If you are weak and sickly, use tepid water.

Have two hip baths side by side. Get into the hot sitz. Remain there for a few minutes. Then get out of the bath and immediately enter the cold bath. Remain in the bath for a few minutes.

(xix) Half Bath

Wipe the face and head with a wet towel. Pour tepid or cold water all over the body. Have a brisk rubbing, and dry the body with a coarse towel.

(xx) Hot Hip Bath

Pour hot water in the tub. Sit in the tub. Rub the abdomen and hips vigorously with your hands or

towel. This is useful in renal colic, stoppage of urine, rheumatism, lumbago, flatulence, constipation. A warm bath is useful in convulsions of children.

Wrap the patient in a blanket wrung out of the tepid water. Cover him with dry blankets for 20 minutes. Then dry his body with a dry towel. This is a method of applying heat to the body when a hot bath is not advisable.

(xxi) Hot Sitz Bath

The patient sits in a large zinc tub or big earthen ware vessel. The feet may be placed inside. He may sit in the tub with the feet outside, either dry or in a vessel or bucket containing hot water. Pour in the tub moderately hot water. Make it hotter and hotter, as hot as the patient can bear, by adding boiling water. Do not burn the patient. Be careful when you add boiling water. Cover the patient and the tub with one or two woollen blankets. The vapours will remain inside and promote perspiration. Cover the feet and ears also.

The heat should be kept up by the addition of boiling water from time to time. At the end of the bath, the hot parts should be rubbed quickly but lightly with a cold moist towel and then with a dry towel. The bath can be kept up for half an hour.

This is a very effective means of producing perspiration, for relieving pain and congestion in the pelvic region due to inflammation of the uterus or womb, ovaries, vagina or the bladder. It relieves also severe pain during the menstrual period or the period

preceding and following it. It also relieves the pain in the hips. The bath should be continued for some days in succession.

(xxii) Hot Pack

Spread a dry blanket over the mattress. Dip a blanket in boiling water, wring it out and spread it over the mattress. Let the patient lie down over the blanket with a kowpeen or langotee. Then, cover the patient with a warm blanket. Hot water bottles wrapped up in cloth can be placed, if desired, alongside him. Several more blankets should be put over the patient.

The patient can remain in the pack for twenty minutes. At the end of the pack quickly dry his body with warm towels. Let him wear warm flannel dress. He can drink water before as well as during the pack.

This promotes perspiration rapidly. It is useful in acute Brights diseases where there is threatening of cessation of urine.

(xxiii) Hot Air Bath

This has a wicker frame-work serving as chamber and a special lamp to provide heat current. Remove the clothing and lay the patient in a blanket. Adjust the wicker frame-work and cover it with three or four blankets which should come up well to under the chin. Light the torch under the chimney and let it continue to burn until the patient perspires very freely. He may remain in it for 15 or 20 minutes. The temperature

inside the wicker work should be between 170 and 200 degrees F. It is valuable in diseases of the kidneys.

(xxiv) Hot Fomentation

A fomentation is a moist hot application. Heat kills pain. Moist heat is applied to inflamed, painful or irritated parts, painful gout, etc. You can use a coarse flannel or a strip of old blanket. Thick towels can be used if no woollen clothes are available.

Dip the piece in hot water. Lift it out of the water, and wring out the water. Apply it to the affected part. The heat should be bearable. Keep the piece on the affected part. When it has become cold, bring another hot piece and apply it to the part. Put the cold one in hot water. Repeat this process for 15 or 20 minutes.

Do this twice or thrice daily. Do not burn the skin. The affected part should be kept wrapped and dry after fomentation.

This is useful in abdominal pain, sciatica, etc. The poisoned blood is drawn from the congestive part of the body.

(xxv) Hot Compress

This is similar to cold compress. This serves the purpose of a poultice. A pad of cloth or of absorbed cotton wool folded in cloth is dipped in boiling water. When the part has become quite hot, the pad is covered with a plantain leaf and cotton wool, and bandaged. The plantain leaf will retain the heat. This should be repeated every 2 or 3 hours. Fresh

compresses should be used. Dip the pads in boiling water, take them with the help of forceps or tongs, put them over a clean cloth and wring them out.

(xxvi) Immersion Hot Bath

This also is useful in fevers. Place the patient in a tub, which is half-filled with hot water. Then go on pouring hot water on the shoulders and back. The feet also should be placed in the hot water. The bath should continue till profuse perspiration takes place. After this, cold water should be poured down the head and back, so as to cool the head. Then the patient should be put on bed well wrapped up.

(xxvii) Medicated Bath

In a medicated bath some medicine is mixed with the water. The object of the bath is that the medicine will be absorbed in the system through the pores of the skin. Salts, acids, soda, sulphur, etc., are used. The patient remains in the bath for 15 minutes. The temperature of the water must be 98° F. The body should be wiped by a dry towel on coming out of the bath. Nitro-hydrochloric acid is used in chronic liver and spleen affections.

(xxviii) Medicated Oil Bath

Rub the head with any cooling oil like Amla oil, gingelly oil, Brahmi oil, Bringraj or almond oil, or a mixture of Kaddu Rogan (Pumpkin oil), Kahu Rogan and almond oil. Rub the body with mustard oil or gingelly oil. Massage the body with this oil nicely for

some time. Then take a hot water bath. This is excellent for good health and strength. This is highly beneficial in muscular pain, rheumatism, sciatica, lumbago. This will cool the brain also. This should not be taken in fever, cough and cold. Take this bath once weekly. You can take this bath in cold water also. Remain in the sunshine and apply oil to the body.

(xxix) Mustard Foot Bath

Put two teaspoonfuls of mustard powder in a basin of hot water. Sit on a chair or stool. Place the basin. Keep the legs in the water for 15 or 20 minutes. Then take the feet out of the water. Wipe this with a dry towel and put on stockings. This is useful in head-ache, vertigo, rheumatism, fever, etc. This is used for the feet to check colds.

(xxx) Steam Bath

This is the most effective of all the perspiration baths. It can be either full or partial. This is beneficial in many cases of rheumatism or in other illness where profuse perspiration and the opening of pores is desired. The partial steam bath is highly valuable for relieving pain and inflammation in special parts of the body such as head-ache, sprains, colic, lumbago, etc.

There is special apparatus for this vapour bath. The patient is seated in a cabinet with his head protruding through a hole in the lid. Steam is sent into the cabinet from water boiling over a special lamp.

A steam bath may be obtained without a special cabinet. All that is required is a cane-seated chair or cot or rope-cot, two buckets of steaming water and big blankets.

Partial steam bath can be taken in a cane-seated chair. For full steam bath the patient should lie down in the rope-cot or a cane-seat cot. The bucket is placed under the chair. The patient should sit in the chair with a kowpeen or langotee. He and the chair are completely covered by the blankets. There should be no escape of steam. If the blanket is not large enough, other heavy clothes may be used for covering the chair and the patient.

The bath should be taken in a closed room. Change the buckets after 10 or 15 minutes. Heated bricks can be put in the bucket to raise again the temperature of the water. Sometimes these baths are rendered aromatic by adding lavender water or some balsam.

You can generate steam by heating the water in a kettle which is placed over a stove outside the cot. Metallic tubes are attached to the spouts and the steam is sent inside through these tubes.

The duration of a steam bath should be from 15 to 30 minutes.

In the sitting posture, hot foot bath can be simultaneously taken during the steam bath.

As soon as the steam bath is over, wipe the body with a wet cloth wrung nearly dry. When the body cools, rub the body with your hands. Then put on your dress.

Those who suffer from lumbago can take a long brisk walk after the steam bath is over. This is highly beneficial.

A steam bath may be improvised by placing in the bed a few strong tightly-corked bottles filled with nearly boiling water and wrapped in pieces of flannel wrung out of hot water. The patient should be well covered, and the bottles should be placed round him in the bed.

The Russian steam bath is a chamber filled with steam at a temperature of about 120° F., in which the patient sits for about 20 minutes. The berthe bath is a wooden box in which the patient sits, but with his head outside. The steam is at the same temperature. The Berthellet bath consists of a number of metal cases, made to fit various parts of the body. The steam is admitted from a central cylinder.

(xxxii) Shower bath

See that the shower has the required temperature cold 50 degrees F., tepid 75 degrees F., before placing the patient in the curtain. Then turn the shower on suddenly, because the chief therapeutic value of the shower is in its shock. It should not be given in heart diseases.

Shower bath may be applied to the whole body or to one part only. It may be given at any desired temperature. Fine forcible jets of water strike against the body. Shower bath can be had through falling rain water. The water falls upon the body under gentle pressure from a height. Rub the different parts

of the body vigorously while in the bath. You can move the limbs also vigorously.

Shower baths tone the blood-vessels and nerves. They are very refreshing and invigorating. They are useful in counteracting the debilitating action of warm immersion and steam baths.

(xxxii) Spinal Bath

Stand up and pour cold water on the head by inverting a pot of water. You can pour as many pots of cold water as you can conveniently bear. Let the water flow freely along the spine.

It can be taken in a lying posture also. The water used should be cold. Pour water in the bathing tub, two or three inches deep. Lie down in the tub with your feet outside. The feet can rest on a stool. Sit up and rub your back with a towel, holding the two ends in your two hands.

The bath can last for half an hour. The head, face and neck may be bathed in cold water. If the water loses its coolness, you can pour out the water and put in fresh cold water.

If you find it difficult to lie down in the cold water, you can have friction with wet towel all over the back.

If there is no tub, have a wet cloth over the back and keep it cool by pouring cold water down to the back. This will serve the purpose of a spinal bath.

Spinal bath strengthens, cools and invigorates the spinal nerves. It tones the spinal column.

(xxxiii) Sulphur Bath

Dissolve half a pound sulphur in 30 gallons of hot water. This is highly beneficial in skin diseases, rheumatism and digestive disorders. This bath stimulates the skin.

(xxxiv) Salt Rub

Rub the whole body at once with salt moistened with water. Then quickly wash off the salt with cold or tepid water and dry the body with a coarse towel. Then dress yourself.

This is a stimulating tonic treatment. It invigorates the skin. The bath draws the blood from the internal organs and stimulates the circulation of the blood in the skin. It relieves congestion in the head, lungs and other internal organs. It gives warmth to the body.

(xxxv) Sea Water Bath

Sea-water bath at once invigorates, tones and braces up the system. It cures many skin diseases. It acts as a nervine and brain tonic and restorative. It is useful in chronic rheumatism, general debility. If you add 10 lbs. of sea-salt or common salt to 30 gallons of water, you can have a sea-bath at home.

(xxxvi) Spray Bath

This is very stimulating. It is pleasant too. Fine streams of water fall on the body. This tones up the skin after exposure to the relaxing influence of heat.

(xxxvii) Tepid Sponging

If you are not able to take a cold bath, you can have sponging with tepid water. Dip a towel in tepid water and sponge the whole body. If the towel becomes dry, dip it again in the basin of water. Tepid sponging in high fevers will reduce the temperature.

3. Temperature of Baths

An ordinary bath is 30° gallons.

Cold bath	40 to 65 degrees F.	4·4	to 18·3° C.
Cool bath	65 to 75	„ 18·3	to 23·8° C.
Tepid bath	85 to 95	„ 29·4	to 35° C.
Warm bath	95 to 100	„ 35	to 37·7° C.
Hot bath	100 to 110	„ 37·7	to 43·3° C.
Very hot bath	110 to 115	„ 43·3	to 48·8° C.
Warm vapour bath	100 to 115	„ 37·7	to 46·1° C.
Hot vapour bath	115 to 140	„ 46·1	to 60° C.

The temperature for children should not exceed 90 degrees to 95 degrees F.

4. Wet Sheet Pack

If it is desired to bring down the temperature more quickly than by sponging, wet sheet pack is applied. Put a mattress on the cot. Soak a blanket or a thick cloth in water and wring out the water. Spread it over the bed. Let the patient lie on the bed on his back. Let the patient lie down with a kowpeen or langotee. Now cover up the patient with another blanket or two soaked in water and wrung.

out. Leave the nose and mouth open. Keep the patient in this state till the temperature comes down to the desired point.

CHAPTER VIII

COLOUR CURE (CHROMOPATHY)

I

Sun, a mighty power

The sun is the source of energy. It is the eye of the world. All beings and plants derive their power and energy from the sun. What a magnificent and powerful light is the sun ? It burns without any wick or oil the whole day and night. At night it burns or shines in America. It is burning from time immemorial. It will continue to burn as long as the world lasts. If there is no sunshine for a day in the rainy season, if it is obstructed by the clouds, you become joyless and cheerless. You suffer from dyspepsia or indigestion. What a tremendous power and influence the sun exercises ! The hymn portion of the Vedas sings the glory of the sun. The Upanishads speak of Madhu Vidya and the sun's grandeur. The Ishavasya Upanishad says, "Sun is Yama, Prajapati, Ekarshi, the controller and sole seer of Heavens and the Home of the Supreme Purusha." Lord Rama chanted Aditya Hridayam and defeated the mighty Ravana. Prayer to

the sun gives you strength, vitality, energy, long life, victory and splendid health.

The sun is a mighty power on the earth. The light and colour that emanate from the sun must be also powerful. There is no doubt about this. The ultra-violet rays of the sun are a blessing to humanity. They have a healing power. The best form of ultra-violet treatment is sun-bathing. Ultra-violet rays stimulate the natural defensive power, of the body and enable it to combat diseases. The best source of these rays is the natural sunlight. Water which is irradiated or charged with sunlight stores in itself the germicidal power of the sun's rays. The best germicide known to the scientists and doctors is the sunlight. Abundant exposure to the sun will give you strength, beauty and a great deal of magnetic power.

When the colour-charged substances possess tremendous power, when the sun rays exercise powerful influence, how much more powerful must be the sun, the source of energy and power, and how much more powerful must be the Brahman or the Eternal, the Indweller of the Sun, the Purusha within the Solar Disc, the First Cause, the Source for this whole world, the Source of the Sun itself !

He who dwells withia the sun, who is within the sun whom the sun does not know, whose body the sun is, who rules the sun from within, is Thy Self, Atma, Inner Ruler, Immortal. Realise the Indweller and attain Freedom and Immortality. Glory to the Sun of suns, the Light of lights, which gives light to the sun, the intellect and the senses.

Colour is the weapon of Maya or the illusory power of Brahman or the Eternal. If you remove the colour, the whole show of the world or Maya loses its charm. Man or woman is attracted by colour. Perception of objects is possible only through colour. All objects are differentiated through colour. You are not able to behold the objects at night because there is no colour. All colours are centred in the eye. To be more accurate, all colours are centred in the mind, because you see things through the mind only; everything is centred in Brahman or the Absolute.

Light rays are totally reflected by white and totally absorbed by black. Red, blue, green and other colours absorb all rays except those of their own colour. Colours exert a psychological influence and influence on the body also. Black and sombre colours, which suggest funerals, produce a depressing effect, while bright colours induce a cheering influence on account of their association with festivity and gaiety. A dish with a nice colour is very tempting. Its very sight excites the flow of saliva in the mouth; a dish with a dirty colour causes nausea or vomiting.

Chromopathy is treatment by colour. This kind of treatment is quite simple, natural and efficacious. It does not cost you anything.

Chromopathy is slowly gaining ground in India. There are some Institutes in India where persons undergo colour treatment. It is very much prevalent in America.

Light is as much a substance as orange or potato. Each colour has its own specific potency, force or

power. It can be utilised as a medicine and transmitted to the human system direct by means of coloured panes of glass or into water or sugar which may be taken internally or into oil which may be applied externally to the skin.

II

Curing of Diseases by Colour-power

The irrationality and frequent inconsistencies of the prevailing systems of modern medicine have made man to lose faith in them. More and more we find people are turning to Nature Herself for health and cure. Naturopathy and natural mode of living are becoming popular. Man does not like to take in drugs and medicines. He objects to Allopathy, Homeopathy and Ayurveda even. To all such there is a unique system to which there can be no objection whatsoever. This system is Chromopathy.

Chromopathy or Colour-cure offers a system of natural cure without the help of any chemical or drug. The human body built up of cells is composed of various elements present in certain definite proportions. When this proportion is disturbed and the body is thrown out of balance then symptoms of disease arise. Colours have been found to possess the power to supply such deficiencies in bodily make up and to restore the proper balance. Then body begins to function normally once again and health is regained.

Inner disturbance usually becomes manifest as overheated condition of the system or chill and cold

state or as dryness as in the case of constipated bowels etc. In Chromopathy the treatment is directed at the primary complaints. Certain colours increase heat, certain others reduce heat, some cool and allay dryness of the system.

Red and blue are the most important and most generally used colours in Chromopathy. Yellow is laxative in effect. Red colour is heating, stimulating and digestive. Blue colour is cooling, sedative and soothes irritation.

The process adopted in this system is to infill or charge substances like water, sugar, oil etc., with particular colour power required and give it to the patient internally, or externally as the case requires. The water or sugar is charged by being put into coloured bottles and irradiated in the direct rays of the sun. Passing through the coloured glass, the warm coloured rays of the sun charge the substance (water, sugar or oil) with the particular colour-power.

The time taken to become fully charged differs in different substances. Water should be exposed to the sun for at least a minimum of 4 hours. Sugar is to be irradiated for at least 2 weeks continuously. Oil (usually Gingelly or Til oil is the best) should be exposed to the sun for not less than 40 days. The above is the minimum time needed for each substances. If they are kept longer, well and good.

Sugar is for internal use, water for both internal and external use and oil is for external use. The advantage of sugar is that it is dry and powder and therefore it can be conveniently carried about in a

packet or a small box. It is handy in case of emergency during travel. Also it does not deteriorate. But it cannot be administered to diabetic patients and to those with intestinal irritation. In such cases water alone can be given. Oil is useful for application and massage.

The dosage is ordinarily one ounce (for adults) twice a day, *i. e.*, morning and evening. But treatment will have to be intelligently given according to the degree and intensity of the complaint. In very acute cases comparatively larger doses, repeated at frequent intervals will have to be given. In minor cases small doses will be sufficient to effect the cure. In troubles indicating urgent treatment like Cholera, snake-bite and Rabies frequent large doses should be administered. Chronic cases require slow treatment. Overdosage should be avoided.

III

Effects of Colour

You should have a comprehensive understanding of the effects produced by the various colours, if you wish to obtain successful results with treatment by colour.

The red, yellow and blue are the most important and distinctive colours. The red and yellow combined form orange. Red and blue form purple. Yellow and blue form green.

Red

Red is a warming colour. It stimulates the arterial blood. It serves as a nerve stimulant also. It exercises a special influence on the sympathetic nervous system. It is beneficial in cold, pale or bluish condition, chronic rheumatism, bronchitis, phthisis, impotency. It is avoided or contra-indicated in inflammations and all excitable conditions, and full blooded appearance.

Yellow

This is an auspicious colour. It is a healthy colour. It imparts joy and cheerfulness. It is a laxative and produces soft motion. It is a diuretic and helps the free flow of urine. It is a nervine and brain tonic. It stimulates and invigorates the nerves and the brain, the liver and the spleen; it is beneficial in paralysis and dullness of intellect. It is useful in syphilis, impotency, defects of the eye, constipation. It is contra-indicated or avoided in delirium, diarrhoea, palpitation of heart, convulsion, neuralgia, excited nerves and inflammatory conditions.

Blue

It is cooling. It is a sedative. Hence it relieves pain and produces local anaesthesia, like cocaine. The blue light has antiseptic properties. It is anti-inflammatory. Therefore it is useful in diseases of the skin, ulcers, etc. It acts as a nervine tonic. It is beneficial in mal-nutrition. It acts as a febrifuge in all febrile conditions and brings down the temperature. It is an astringent and relieves spasm. It is useful in

amenorrhagia or profuse menstrual flow. It is refrigerent and quenches thirst.

Blue is useful if the stomach is hot and irritable. It is contra-indicated or avoided in cold, bluish and chronic conditions, gout, rheumatism, constipation, paralysis.

Green

Green is chiefly cooling. It is the king of all colours. It consists of blue and yellow. It is cooling to the eye. It preserves and strengthens the eye-sight. It is highly beneficial in inflammation of the womb, hysteria, etc. The yellow part of green stimulates the nerves. The green light is used over the back in the lower spinal region in sexual irritability or over sexual heat and involuntary seminal discharge. It is useful in cancers and weeping eczema. This colour is generally not used alone. It is alternated with red or blue according to the requirements of the patient.

Orange

This is a warm colour. It arouses or stimulates the nerves and the blood. The red orange is intensely warm.

Purple

This is a combination of the blood-warming red, and the cooling, antiseptic blue. This is highly beneficial for invigorating and energising the lungs, kidneys, stomach and other parts. It does not produce any irritation. Red purple is useful in a dormant

condition of the stomach. Blue purple is beneficial if the stomach is hot and irritable.

Indigo

It is cooling, contracting, astringent and nervine. It quenches thirst. It is endowed with antiseptic properties. It reduces temperature in fevers, reduces inflammation and relieves spasm. It is a combination of the blood warming red and the cooling, antiseptic blue. It is useful in disorders of the stomach and womb, phthisis, hydrocele, leucorrhœa, inflammation of the peritoneum. In these diseases it invigorates, energises and stimulates the parts without causing irritation. That is the beauty of indigo.

Violet

Violet also has the same properties as indigo or blue. It produces sleep. It is useful in the acute stage of pulmonary tuberculosis. It increases the red cells of the blood. Hence it is useful in anaemia or bloodlessness. It energises the blood.

Red articles like red chillies contain more fire. So they raise the pulse, stimulate and warm the arteries and the blood. When applied externally, they cause redness of the skin, and act as rubefacient.

Substances which possess blue, indigo or violet colour, like copper sulphate, indigo, tannic acid, galls, chloroform, aconite, ergot acids, etc., are endowed with astringent, refrigerent, antispasmodic, sedative and antiseptic properties.

IV

Colour Charging

Colours may be used externally or internally. The direct rays of the required colour are applied externally to the bare body by means of coloured panes of glass.

Mustard oil or linseed oil or olive oil is irradiated with the particular colour that is needed. This oil which is charged with the colour-force through exposure to the sun is rubbed on the skin. Water or sugar of milk or ordinary sugar that is irradiated by exposure to the sun is taken internally.

Fill the particular colour bottle with water, oil or sugar and expose it to direct sunlight for one or two weeks. The more it is exposed the more strongly it is charged. The water that is charged in a blue bottle will keep good for a long time as the blue colour is an antiseptic. The purple water also remains pure for a long time. The water kept in yellow and red bottles should be charged every three weeks in winter and every week in summer. The articles that are charged with the colour-force will retain the same kind of power for weeks or even months. The articles are very powerful and active when they are taken direct from the sun.

Charging the Diet

Articles of diet also are charged with red light, or blue or green or purple, yellow, orange, by placing them in the sun under suitable coloured glass for a few minutes. Thus constipation is removed, digestion

is improved, appetite is energised, blood is improved, nerves are toned, brain is stimulated by the healing, toning and magnetising power of colour or solar force.

The air in different coloured bottles can also be charged with colour power and can be utilised in the treatment of various diseases. If you inhale the air from a red bottle which is exposed to the sun for a few minutes, it will stimulate the lungs and the respiratory tubes. If you inhale the air from a blue bottle, it will be soothing, healing and cooling to the lungs in pulmonary tuberculosis.

V

Dose

Three tablespoonfuls of water that is charged with colour-force can be taken as a dose. Two teaspoonfuls can be given for children. Three or four grains of sugar can be taken at a time. Water and sugar can be given every hour in severe cases.

Water or sugar that is charged with red light and purple can be taken before or after food. The water or sugar that is charged with blue can be taken when you go to bed. The water or sugar that is charged with yellow colour can be taken as soon as you get up from your bed. These sun-charged substances are quite safe, harmless, potent, lasting, profound and penetrating in their effects.

VI

Colour Materia Medica and Therapy

The blue-charged water is highly beneficial in diarrhoea, dysentery, gastritis, or painful inflamed

condition of the stomach, as it is an antiseptic endowed with astringent properties, and as it exercises a benign, cooling influence on the system. It is useful as an eyewash in conjunctivitis or other inflammation of the eyes. It surpasses the boric eye-wash and various eye-drops of the allopaths. It is a powerful nervine tonic ; it can be used as an enema in inflammation of the rectum and as douche in inflammation of the womb.

It heals wounds as a lotion and stops bleeding. In burns it is useful as a compress. It is beneficial in eruptions on the skin. It renders the skin very soft. It is a very useful gargle in sore mouth and gingivitis or inflammation of the gums.

It should not be given in cold, bluish and chronic conditions, where the organs are very cold.

Yellow-charged water or sugar stimulates the liver and bowels. It increases the flow of the bile. It keeps the bowels healthy. It is a good laxative. It is a nerve and brain tonic. It brightens and sharpens the intellect. It helps the free flow of urine. It is useful in paralysis as it tones the nerves.

The purple-charged water or sugar is a good appetizer, when taken internally. It is endowed with stomachic properties. It exercises a soothing, beneficial influence on the stomach. It aids digestion and, therefore, is useful in dyspepsia. It cools the system. It energises and invigorates the lungs, the stomach and kidneys. It can be used externally as an enema in an ulcerated condition of the rectum. It is beneficial as a douche in leucorrhœa or whites of women and

ulcerated uterus. It can also be used as a nasal douche in catarrh or coryza.

Red-charged water or sugar warms and stimulates the blood. It contains iron. It stimulates and energises the sluggish stomach. It helps the free flow of gastric juice. It stimulates the skin also. It can be externally used as a lotion for stimulating the skin.

VII

Chamber Treatment

Sunlight may be strained by placing colour filters or glasses between the patient and the sun. If there is no sunlight, an ordinary lamp may be used for giving colour-light bath. An ordinary bath chamber can be made out of wood.

The required colour-glass can be fixed in the chamber. The patient sits within the chamber from 10 to 30 minutes, twice a week. The chamber is exposed to the sun.

There are specially constructed incandescent Light-Bath Chambers with lamps of different colours and scientifically arranged switches. The particular coloured lamp is fixed according to the need of the patient. The patient removes his clothing and sits in the chamber with a kowpeen or langotee, for 10 to 20 minutes.

VIII

Conclusion

It is a great pity that such a useful medicinal science, which is so simple, so cheap and so potent

and magnetising, has been neglected till now. It is bound to come into extensive use very soon. Every one of you should have an elementary, theoretical and practical knowledge of this marvellous medical science. You can start treatment in your home first. You can save doctor's bills. Enormous money is wasted in injections and mixtures and doctor's fees. Save your money by obtaining the knowledge of solar *materia medica* and solar therapeutics. Be healthy and be happy.

May you all charge yourself with the magnetic rays and colour of the sun ! May the Sun-God protect and bless you all ! May you all possess this knowledge of colour cure !

CHAPTER IX

SUN CURE

Salutations to Surya, the presiding deity of the sun who is the source of power, energy and life, who illuminates the world and brings joy to all.

The Sun's rays are life and energy-giving. The light of the sun acts beneficially on the skin. Sunlight is very necessary for maintaining health. The skin absorbs light. The sun-rays penetrate the skin and produce beneficial effects which are conducive to the growth and well-being of man.

Sunshine is as necessary to robust, vigorous health as either air or water. It is a stimulant and tonic.

that has no superior. Enjoy the sun-light on every possible occasion. It is one of nature's greatest therapeutic agents. A house without sunshine is fit only to be abandoned. No room without sunshine is fit to live in. Sunshine purifies the body. It is a powerful disinfectant.

Sun cure is known as Heliotherapy. It is a sure cure for consumption or Phthisis. Experience has shown us that there does not exist a better means of obtaining the maximum good health than the sun and air bath methodically utilised, combined with physical exercise and rational nourishment.

The Sun is the source of all cosmic energy. Plants, animals, human beings, grow on account of solar energy. Surya is the presiding deity of the sun. In, Chhandogya Upanishad there is a description of Madhu Vidya. He who meditates on the sun as honey obtains auspiciousness and beneficial results.

It has been proved that the rays of the rising sun are blessings unto us bestowed by the Lord for the preservation of health as well as for the cure of diseases.

Sunshine promotes digestion. A very intimate relation exists between the sun and digestion. Digestion and assimilation become weak and imperfect, if you are not daily exposed to the rays of the sun.

In addition to these beneficial physical effects, the rays of the sun serve the purpose of brain food. The proper exposure of the body to sunshine increases intellectual output and power.

The sun has a particularly remarkable action on the skin. The skin is at once an organ of stimulation, elimination and protection. It is rendered anaemic and atrophied by the wearing of too heavy clothing and having it always covered. It revives and becomes strengthened when it is exposed to air and sunshine. It recovers its many functions indispensable to the healthy working of the organism. The skin forms a vast organ of circulation of blood. The blood vessels of the skin dilate and contract on account of the external influences of heat and cold. The skin is the great auxiliary of the heart. The sensitive nerve-endings of the skin form a close net-work. The smallest external vibrations make an impression on the skin and are immediately transmitted to the nerve centres. There they call out latent energies and bring about reactions which are capable of exciting the various functions of the vital organs of the body such as the heart, lungs, etc. Therefore the daily exposure of the naked skin to the action of sunshine is one of the best means of preserving and regaining health.

There is no better tonic for the hair than sunshine. Loosen the hair and allow the sun to shine on it. The sun will cure any disease of the scalp also and make it healthy and active. A healthy scalp makes strong, beautiful hair. Sunshine gives you bloom and colour.

The rays of the sun destroy the germs of the skin. The best time for sun bath is the morning. The morning sunlight is more vitalising and beneficial than that of the evening.

Stand in the sun. Rub mustard oil or sesamum oil on the body and massage the body gently. The effect of the sun's rays on oil is highly beneficial. Those who live in dark ill-ventilated rooms where there is no sunlight easily contract consumption. Children who live in ill-ventilated rooms develop rickets. The Sun is the life giver and great steriliser.

The Rising Sun Bath

Walk to the western bank of the sea, river, lake or tank early morning at sunrise. Then you will enjoy a rising sun-bath. Wear a thin light dress.

Expose to the morning sun-rays the different parts of the body. The mouth should be opened so that the tongue, the teeth, the palate and throat may be bathed in the sun-rays. Raise the face so that the sun rays may enter the nostrils. The ears also should be turned to admit the rays of the sun. Expose the flank of the body, neck, back also. You can do a little breathing exercise also and bending of the body forwards, backwards and sideways. You can do Bhastrika Pranayama also.

When you take the sun bath close the eye-lids. Sun bath on closed eyes is highly invigorating. It will prevent and cure myopia or short sight and other defects of the eye, so troublesome to the university students of today. The sun bath will help the eye to metabolise the vitamins and thus to prevent and cure eye-defects.

The Energising Sun Bath

Bask in the morning and evening sun. It will be quite enjoyable and invigorating. Wear thin porous clothing. You can remove the cloth and expose the body for a short time. If you are not able to sit, you can lie down with the head in the shade. Remain in the sunshine till the body becomes quite warm. Gradually increase the period. Start basking for five minutes. Come into the shade, wipe the body and then bask again. Repeat this as many times as you like. Feel that you are absorbing the solar energy and that the solar energy is penetrating or filtering into the various organs and tissues of the body. Repeat the Surya Stotra and the twelve names of the sun.

Lie down on a bench with a kowpeen or langotee. Cover your back with plantain leaves, and expose it to the sun. Remain till you freely perspire. Cover your head with a towel. This is useful in rheumatism and lumbago. Wipe the sweat with a dry towel. This is a general tonic bath also to give you good health, vigour and vitality.

Health Giving Suryanamaskar

Repeat the Suryanamaskar sloka and do one full prostration. Repeat 108 times daily at sunrise. This will remove all diseases and bestow on you good health and long life. This is a good form of exercise, too.

Suryanamaskar is a very effective and famous physical and spiritual exercise prevalent in South India from a very long time. Now it has found a place in

many places in U. P., Punjab, Bihar and other places also in India. The ancient Rishis used this as a specific and a tonic for spiritual and physical growth. It bestows health, strength, vigour and vitality. Suryanamaskar should be done when the Sun rises. The fullest benefits of a Sun bath can be had from a performance of Suryanamaskar systematically. Suryanamaskar is advocated only in the morning. This clearly indicates the beneficial results of a Sun bath in the early morning hours.

Refer to my book, Japa Yoga, for the different names of the Sun God and also the Stotra of the Sun. Repetition of these with faith and intense devotion will bestow wonderful results.

CHAPTER X

FASTING FOR HEALTH AND CURE

The whole system is renovated and energised by fasting. New tissues and new cells are formed. The body is charged with vigour and vitality. Fasting purifies the nerves and the nerve centres. The tissues and organs are supplied with abundant life-energy. The whole body is rebuilt once more like the rebuilt type-writer. The mind is clarified and strengthened. Will power is augmented.

Fasting is nature's greatest curative agent. It is the unfailing remedy to bring your health back to you when everything else has failed. The blood is cleansed

by fasting. Man eats too much. The digestive organs are overworked. This is the main cause of disease. Giving rest to the overworked organs is the chief means of cure. Perfect rest is given to the overworked organs by fasting. Plenty of water is drunk during fasting. This helps the elimination of toxins or poisons from the system. Yogis call this "Gata Sudhi" or cleansing of this pot of body. Superfluous fat disappears through fasting. Fasting is a natural rejuvenator.

A fast gives nature a chance to clean your system thoroughly. Any disease can be completely cured through fasting. It is highly beneficial to fast occasionally even though you possess good health. You will enjoy better health and save doctor's bills. There will be no necessity for you to call in a doctor.

The mind becomes clear through fasting. You will enjoy inexpressible peace of mind. Passion will calm down. You will be very energetic. The body will be light.

Fasting for a few days cannot kill a man. Fasting brings joy. Hunger may trouble you for the first two or three days. Later on there is no hunger as the habit of taking food is gone. The colons should be washed out daily by enema during fasting. This will help the elimination of the poisons from the system very efficiently.

The breaking of a fast must be gradual. Take only some fresh fruit juice (grape juice, orange juice or pomegranate juice). You can take the water of tender cocoanuts also. On the second day take some

milk or thin curd along with the fruit juice. This should continue for three to four days. On the fourth day some thin starchy food may be taken. Afterwards you may gradually return to normal diet. After the fast is broken you may get a ravenous appetite. Control this abnormal appetite carefully.

Fasting is a great Tapas. It helps to control the turbulent senses and the boisterous mind. It destroys countless sins. It is a great purifier. Sastras prescribe various kinds of Vrata, viz., Chandrayana Vrata, Krishchara Vrata, for purification of the heart. Fasting on Ekadasi days propitiates Lord Hari. It has immense spiritual benefits.

Religious fasts are enjoined in all the great religions of the world. Christians fast during Lent. Mohammedans fast during Ramzan. The prayer mood will come easily and without effort during fasting. If the stomach is loaded, sleep, laziness and evil thoughts will come very easily.

There is loss of weight for the first ten days. Later on there is no loss of weight. You can fast for several weeks with benefit and without danger of any sort. Ignorant people are unnecessarily alarmed of fasting. Those who have experienced the benefits of fasting cannot leave it. Fast for some hours or half a day in the beginning. Then fast for a day. Then fast for two days. You will be accustomed to fasting gradually. Fasting is very easy after two days. It is very pleasant and delightful.

Fasting checks the course of acute diseases and effects rapid convalescence. It is highly beneficial in

Latent and chronic diseases also. Baths and sunbath can be beneficially combined with fasting in the treatment of chronic diseases and for the improvement of general health also.

If you cannot fast completely, live on liquid diet. Live on milk alone for some days. This will prepare you for perfect fast. This will give you strength and remove unnecessary fear of fasting. You can fast in instalments with liquid diet in the interval. You will have to fast for two weeks if your old standing or chronic disease is to be eradicated. Think of the countless benefits you will derive from fasting. The unnecessary fear will evaporate. You will take great interest in fasting. You will take recourse to fasting very often.

During fasting do not think of food. Keep the mind fully occupied. You can do your usual daily routine and other work. You can walk, study and meditate. Practice more Japa and meditation. Be doing something. Do not lie down idly in bed. This will induce false hunger and evil thoughts. After the course of fasting is over, adjust your diet. Give up your old habits of eating. Live on a new, healthy regimen.

CHAPTER XI

HERBAL CURE

Health is certainly a coveted possession for all. Everybody wants to be healthy. Everybody knows

also that wealth is nothing without health; and yet men violate the natural laws of health on the strength that they can get a cure or a pill or a tablet or a choorna or a confection from a neighbouring chemist or Vaidya, or an injection from the medical practitioner or the Civil Surgeon! A chronic diabetic stuifis his stomach with all sorts of sweetmeats on the strength of his insulin injection. What a sad, lamentable state of affairs!

Hospitals are full of patients. All sorts of curious advertisements are in the papers and journals for the sale of harmful drugs and patents. The credulous sick man is duped by these pompous advertisements. The tonsils of children are removed daily. Boys and girls wear spectacles at the age of ten. Man has no self-restraint. He wastes his vital energy and then runs for chyavana-prash and Makaradwaja for patching up his debilitated constitution.

Remember, friends! Health and not disease is your natural heritage. You are the children of that Anamaya or Diseaseless Purusha, the Eternal Brahman or the Absolute. Claim the birth-right, right now, from this very second, and become healthy, strong, robust, sinewy persons with abundant vigour, energy and a high standard of vitality.

Disease is due to ignorance and lack of knowledge of natural laws. You violate the laws of health through your egoism, passion and self-assertive nature. You behave like a playful urchin, and yet Mother Nature who is all-merciful and kind, who is ever bountiful, puts up patiently with all your misbehaviour and

wrong doing and helps you in a variety of ways and bestows on you Her choicest blessings.

Try to attain a knowledge of the herbs. Study carefully Bhava-Prakasha-Nighantu which deals with the herbal materia medica of Hindu Rishis. This is a most valuable book. Go through the books Kai Dev Nighantu, Charaka, Sushruta, Vagbhata, which deal with the herbs. Move with Sadhus and Sannyasins. They will also help you and show you the herbs.

A valuable, efficacious, potent, specific or sovereign remedy for practically every disease will be found among the herbs. You obtain supreme health and strength by the aid of these herbs. The study of "herbal cure" is of absorbing interest. It is not a difficult study at all. The remedies are very simple. The treatment is rational and scientific. It is not costly either. The science of herbal cure is not experimental. It is an established science of high merits and practical use. It has been put to severe tests by the Rishis of yore. Their researches and practical therapeutical findings are given in the books.

The Rishis imparted their knowledge of the herbs to disciples orally. That knowledge is handed over to us still through the centuries by *param-para*, from disciple to disciple.

Ever since the universe began, herbs have been used by man to cure his diseases. Herbal cure was practised by the Rishis of India. It is even now practised by Sadhus and Sannyasins and modern Rishis. It is the most effective form of treatment. When all

systems or treatments fail to cure a disease, people run to Mahatmas or Sadhus for "Jati-Bhuti" or herbs.

Herbs are Saktis of high potencies. They are full of divine energy or power. They cure diseases in the twinkling of an eye. Herbs are nature's remedies. Their curative powers are marvellous.

Most of the medicines used by the allopaths and Ayurvedic physicians are extracts or other preparations derived from plants or herbs.

Herbal remedies go to the very root of the disease and remove it *in toto*. They are not mere palliative substances that give temporary relief. They never do mere surface work. Their effects are deep, penetrating and lasting. They also supply substances that are deficient in the system. They tone, energise, vivify, renovate, electrify, invigorate and galvanise the entire system. They purify the blood, tone the nerves and brain, increase the quality and quantity of blood, fill the body with new abundant energy and rejuvenate a man. He who takes herbs, jumps and dances in joy; ever smiles and laughs, and radiates joy, peace, health to those who are around him, who come in contact with him. In the study and practice of "herbal cure" certainly lies the solution of all the problems that arise from ill health. Herbs are God-sent blessings to humanity. They are manifestations of the Lord. They are divine Saktis or potencies. Use them and enjoy radiant health. Shun ruthlessly the products of the chemical factories, the so-called patents. Glory to the herbs ! Glory to the beneficent Lord, the Maker or the

Creator of these powerful health-giving, health-protecting herbs, divine panacea for all ills !

These herbs extract from the soil in which they grow several salts and minerals which are in a digested state and which can be more easily assimilated and absorbed by the system than the crude substance which is produced synthetically in the factories or which is taken direct from the earth. Further, they contain within themselves some 'elixirs' or 'health-building substances' of high potency and indescribable virtues.

Your system needs iron. You can certainly not supply it by chewing iron nails or filings. If you take the herb Anantamool or Indian sarsaparilla, you can easily get in a very easily digestible form all the iron which your system needs.

During full moon days the herbs become very effulgent or luminous, and proclaim or express their characteristics and virtues and speak to those who have knowledge of the herbs in their own language. The potent Sakti of herbs is to be removed during certain Nakshatra or star. He who wishes to take it offers a prayer to the herb first.

There are herbs which can turn base metals into gold. Sprinkle a few drops of the juice on a copper coin, and it is transmuted into gold in the twinkling of an eye ! The Jyotirvriksha emits dazzling, bright light at night.

Sanjeevini Buti can bring a dead man to life. Hanuman brought the herb from the Himalayas to bring back Lakshmana to life. Visalya Karani and Samanakarani have immediate healing properties. They

can heal a wound instantaneously. Gandhamadhan-Parvat beyond Bhadri hills, and Pothia hills in Tinnevelly District, where Agastya Muni dwells even now, still abound with rare herbs. You will become unconscious even before you approach the border land of Gandhamadhan hills. So powerful is the aroma of the herbs. The hills of Killenmurg above Gulmurg in Kashmir contain rare herbs.

Herbs are not drugs. They do not come under the category of drugs. They are not poisons.

Have a small herbal garden of your own in front of your house or in the backyard. It will be highly useful to you. Your grandmother and grand-parents had a garden. Modern civilisation and chemical products have made you lazy and lethargic. You are in the grip of vile, devitalizing influences. So you are led astray. Open your eyes now and become wise.

Put 1 oz. of the dried herb in a vessel. Pour 20 oz. or one pint of boiling water. After one hour strain the liquid. Take 3 or 4 tablespoonfuls three times a day. For children give a teaspoonful. Infusion should be made fresh daily as they will not keep fresh otherwise. You will be able to treat practically every common ailment by the aid of these herbs, which are Nature's remedies.

Apamarga

Synonym : Achyranthes Aspera. This is a prickly chaff-flower from a prickly herb growing yearly. It is laxative, diuretic, alterative, emetic and pungent. This is also known by the names Karamangari and Shikari.

Hindi names of this flower are Chirachira and Ladjhira.

It is a blood purifier (Rakta Sodhak).

Ashwagandha

Synonym : Withania Somnifera. This is an erect shrub. The root is sedative, i. e., relieves pain. It is a tonic, alterative, aphrodisiac and nutritive.

It is Veerya Vardhaka. It strengthens semen. It is useful in impotency, spermatorrhoea, debility or general weakness, phthisis. It is a galactagogue, i. e., increases the flow of milk in nursing mothers. It is endowed with Rasayana guna, i. e., it imparts health, strength and long life.

Ashwagandha Choorna is very useful.

Ashma-bheda

The Hindi name is Pashana Bheda. It removes stone in the bladder or kidney. It dissolves the stones. It has better lithontriphic properties than the lithium salt and piperazine.

Bala

Bala is of four kinds, viz., Bala, Atibala, Nagabala, and Mahabala. The Latin name for Bala is Sida cordifolia. The Hindi name is Kerati. This is a common weedy herb. The Latin name for Atibala is Sida Indica or Abutilon Indicum. This is a large annual shrub. Mahabala is a pale flowering plant. Naga-bala is an erect spiny shrub. The Latin name is Sida Spinosa.

Properties : All are musilaginous, diuretic (increase the flow of urine), cooling, astringent, nutritive. They give Oojas, Kanti (beauty), Bal (strength), Dhatus-pushti (strengthens the vital force of Veerya).

Uses : They are useful in rheumatism, Raktapitta (bleeding), Veerya Kshaya, weakness of semen, debility, fever, heart-disease, blood-pressure, gout (vata-rakta), etc.

Preparations : Mahabala ghrita (ghee), Mahabala choorna (powder), Nagabala Maha Rasayana. Oil and confection are also prepared.

Ananta Mool

This is Indian sarsaparilla. Latin name is Hemidesmus Indicus. This is a blood purifier. This is a low twining shrub.

It is demulcent, alterative, diaphoretic (increases perspiration), diuretic (increases the flow of urine), and tonic.

Brahmi

Synonym : Gratiola, Monnieria. This is a marshy, glabrous runner. It is slightly bitter. It grows by the side of lakes or rivers. It is diuretic and so helps the flow of urine. It is a nervine and brain tonic. It increases Medha (understanding and intellect), Tejas (vigour), Bal (strength), and bestows longevity. It clears the voice in singers. It strengthens memory. It removes all impurities from the whole body and the Nadis (astral tubes or nerves). It eliminates the poison from the system.

It is useful in leprosy, fever, itching, nausea or vomiting, asthma, gonorrhoea, spermatorrhoea, epilepsy.

The preparations that are made of Brahmi are Ghrita (ghee) for internal use, Brahmi oil for cooling the brain for external application on the head, Brahmi Choorna (powder), Brahmirasayana and Brahmi sharbat as a beverage. The leaves are used for the above preparations.

Chirata

Swertia Chirata is a perennial hilly herb. It is a good bitter tonic, laxative, febrifuge (cures fever). It is an anthelmintic or destroyer of worms in the bowels. It is a substitute for quinine in malaria. It is useful in indigestion and torpid liver. It is a tonic after fevers. It is collected when it is flowering. It can be obtained in all bazars. Put one ounce of chirata in 20 ounces of boiling water. Keep it for six hours and then strain. Take 4 tablespoonfuls three times a day.

Punarnava

There are two varieties, viz., white and red.

White Variety : Synonym—Trainthema Monogyna. This is a prostrate, succulent herb.

Properties : It is stomachic and so aids digestion and the flow of gastric juice. It is a laxative. It is a diuretic and thus helps the flow of urine in dropsy or ascites (Jalodhara). This is an expectorant and so is useful in coughs and bronchitis. It is an emetic.

Red Variety: Synonym—Boerhaavia diffusa. This is a diffusely branched herb.

Both varieties are useful in inflammation of all kinds, enlargement of liver and spleen, gonorrhoea, dysuria or difficulty in passing urine, jaundice, piles, internal abscess.

The preparations made out of this herb are choorna (powder), decoction, pills, ghrita (ghee). The infusion or decoction is used as a vaginal douche. Allopaths also make a preparation out of this which is known as extractum punarnava liquidum.

Punarnava is also eaten as a vegetable, like spinach or palak.

Sathavar

Synonym: Asparagus rocemosus. This is a tall climber with sweet, tuberous roots.

Properties: Demulcent, diuretic, nutritive, aphrodisiac (gives sexual vigour) and tonic. It gives you dhatupushti and does Veerya stambha, and so is useful in impotency, wet dreams or spermatorrhoea, gonorrhoea.

Preparations out of sathawar : ghrita (ghee), confection (lechia), choorna (powder), etc.

CHAPTER XII

EXERCISE FOR HEALTH

It is the desire of every person in the world that he should possess a long life, lead a healthy life and enjoy a happy life. In this quest the fittest survive, and to be

physically fit, health is necessary. Health, as we all know, is a state of equilibrium of the three humours of the body, known as Vatha, Pitha and Sleshma, wherein the mind and all organs of the body work in harmony and control. It is this condition in which man gets good appetite, has a good digestion of the food he eats and drinks, normal pulse, normal breathing, good quantity and quality of blood, a sound mind in a sound body, normal state of urine, free movement of the bowels, etc., etc. In this condition of health the man smiles, laughs. He enjoys happiness of life.

This happiness is not for him who cannot eat well on account of diseases of the stomach, or who cannot walk on account of Rheumatism or paralysis, or who cannot see the beautiful scenery of nature on account of defective vision or cataract, and so on. In this state, the earthly possessions, dear and near relations and friends of a man, are of no avail ; because when one is not healthy, he cannot enjoy them. Even men rolling in wealth are not happy. Henry Ford, the Automobile King of U. S. A. says, "In spite of my being a multimillionaire, life holds no joy for me. When I look at humble labourers of my huge factory, devouring tough and tasteless food with the greatest relish, I simply envy them. Then I wish that I could be a common labourer instead of the Automobile King." This reveals that the secret of true happiness lies in perfect health and a life free of diseases. Therefore, to gain health, man must do physical exercise.

The necessity for physical exercise is seen in a baby over a mat moving its limbs to and fro ; it bends,

twists ; and after this, it cries for milk. Thus, we see that this exercise is given to babies and children by God. The animals, too, stretch their legs, bend their bodies and run. For a man eating ten times more than a baby and swallowing food for his very existence, there is no need of a discussion on the necessity of exercise. The majority of people are in the habit of having two to three meals and tiffins at frequent intervals in a day. This gives no time to digest what one has already taken in. Further, we know that over-loading of the stomach is also a cause for diseases. Man must necessarily, therefore, along with regulation of diet, have physical exercise for the body, as he has a necessity for food and sleep.

Just as food, air, water, are necessary for the maintenance of good health, exercise is very essential for keeping up good health and attaining longevity. A person who eats a large quantity of food must take plenty of exercise. Walking is not sufficient. It cannot ensure adequate exercise for the abdominal muscles and the internal organs.

Exercise promotes the free circulation of blood. All the internal organs function properly. Worn out materials are more quickly eliminated from the body. It gives good appetite and promotes digestion. It tones the nerves, the muscles and the whole system.

Regular exercise increases the vitality of the body as a whole by increasing the supply of oxygen and so stimulating metabolism. It aids the digestive organs and so improves digestion, absorption and ultimately,

'nutrition. It helps the general circulation and so promotes the distribution of nutriment and removal of waste products. It induces a promotion of general increase of activity in the cells.

Dyspepsia, constipation, adiposity, diabetes, torpidity of liver, flabby condition of the muscles, etc., are caused by lack of proper exercise.

If you do not take regular exercise, the whole system will refuse to function. The stomach will refuse to digest properly. The liver and intestines will become sluggish. The blood will be loaded with poisonous materials.

There should be no violent exertion in any system of exercise. All the groups of muscles must be brought into play when you perform the exercises. They should give the maximum benefit in the smallest possible time. They should be suitable for the busy man of to-day. They should be suitable for either sex.

You should do certain exercises for developing the chest. You should do some abdominal and spinal exercises also. You should do some exercises to develop the neck, hands, legs, thighs. You should do some exercises which bend the body forwards, backwards and laterally. Spend at least ten minutes daily. Regularity is of paramount importance, if you want to realise the maximum benefits of exercise.

Riding is useful for stimulation of the liver. Running in the open air is extremely beneficial. Tennis and golf are good exercises. Rowing gives very good exercise to the abdominal muscles. Swimming is very

good and effective. Dhand and Bhaitaks are wonderful. Yogasanas are excellent. Muller's system and Swedish exercises are also effective and beneficial. Brisk walking has got its own advantages.

Follow this easy system. You will derive immense benefit. You can finish the course within ten or fifteen minutes. *You can give exercise to the whole body, to all parts of this machine.* (1) Go to the edge of a cot and raise your body by placing the palms on the cot and taking the elbows to the abdomen. (2) Do a few Dhands by holding the edge of a cot. (3) Stand erect. Then bend the body and touch the toes with your fingers. Then come back to your original position. Then bend the body backwards. Repeat this 3 or 4 times. Then bend the body laterally. (4) Do full prostrations 3 or 4 times repeating the twelve names of Lord Surya. (5) Then run to and fro in the verandah for one or two minutes.

Whatever form of exercise is used, it is quite necessary that it should be performed either in the open air or in a room with all the doors and windows wide open. Practise exercise when your stomach is empty.

The physical body is a horse or an instrument to take you to the goal or the abode of eternal bliss or immortality. Therefore keep it quite strong and healthy by taking regular exercise, and reach the goal in this very life.

1. Physical Culture

Physical culture or the development of the body is as important as the development of the mind, will

or memory. If the body is not kept strong and healthy, vigorous and active, no culture is possible. All cultures depend upon a sound body. "*Mens sana corpora sana*" is a wise saying, which means a sound mind in a sound body. The body is the temple of God. It should always be kept scrupulously clean by daily bath and good scrubbing with a Turkish towel to open the pores of the skin, which might have been clogged by sweat and sebum or fatty exudation.

There are different kinds of physical culture. You will, of course, have to select one according to your needs, taste, temperament and capacity. A man of delicate and poor health should take to long, brisk walks both morning and evening. You should always make it a point to walk alone. Then you can feel the presence of the Almighty everywhere and can be in perfect tune or harmony with nature. Morning walks are very pleasant. The cool breeze is very refreshing and vitalising. The fragrance of flowers in the gardens is invigorating. Finish the walk before sunrise. The walk should not be like that of a marriage procession. Slow walking cannot give you any substantial benefit. It should, therefore, be brisk. You should have good perspiration. Then only is it an exercise. You should always walk at least three or four miles per day. You can do Pranayama while walking, too. Inhale for six steps. Retain for six steps. Then exhale for six steps. This is a good practice.

Now I come to another kind of exercise, viz., running. This is the best form of exercise. The lungs are developed well by running. The blood is purified.

Run in the open air. I like this very much. I always run in the open air even now. You can have exercise of a truly vigorous type in a short space of time. The famous surgeon, the late Dr. Rangachari of Madras, used to run in the open air daily. Running on the sea-shore is immensely beneficial. You can charge the lungs with ozone, double volume of pure oxygen. Repeat Om mentally when you run. This will spiritualise the physical exercise. Wipe off the perspiration with your hands. Rub it in the body itself. Do not use a towel.

Swimming is also a best kind of exercise. It stretches all the muscles of the back. Lumbago is relieved. You can practise Pranayama also while floating. This can be practised in a big tank or a big well.

Tennis is also a good exercise. There is running as well. It is a gentle game that never tires a man much. It is pleasant and exhilarating. It develops the ankles and the fingers as well. Though Badminton is styled "ladies' game", yet there is plenty of exercise in it. One has to come from one corner to another.

Those who have got strength and who want to develop their chest and arms, shoulders and muscles should invariably take to gymnastics. The biceps, the deltoid and the triceps are nicely developed. A gymnast has a very beautiful, expanded chest. Pumping, bend-arm-march, press-up, in the parallel bars are also very good exercises.

The Indian system of exercises such as Dhand, Bhaitaks is also very good. There is a symmetrical

development of all the muscles of the body. The effects are lasting. It is also not costly. You need hardly spend a single pie. The Bhaitaks develop the calf muscles very beautifully. Kasarats develop the chest and arms. You can practise these exercises in any place.

You can practise Suryanamaskar also daily. It is highly beneficial for one and all, irrespective of age and sex. It is a happy combination of some Asanas, Pranayama and prostrations to God Surya or Sun. Those who suffer from eye disease will find a good remedy here. Diseases of the liver, stomach, intestines and kidneys are infallibly cured. The votaries of Suryanamaskar are daily increasing, and this system is becoming more and more popular. The Rajah of Oundh, Satara, has written a good book on this system, both in English and in Hindi.

Asan is a perfect form of physical exercise founded by the Rishis of yore. It is a unique and unparalleled system. It is not merely physical exercise. There is something spiritual, something divine, for the Asans awaken the Kundalini Shakti (Serpent power). Asan is something more than physical exercise. It gives internal massage to the internal organs. This benefit cannot be derived from any other system. It cures diseases. That is one great advantage in this system. Some Asans like Sirhasan, Sarvanganasan and Siddhasan are very, very, useful in the up-keep of Brahmacharya. Bhujangasan, Salabasan and Dhanurasan remove constipation. The Nauli Kriya, which rotates the muscles of the abdomen, is a unique Kriya which

removes the diseases of the abdomen and increases the digestive fire. No exercise in any system can stand before this Kriya in its potency and efficacy. It is a God-send. There are splendid and admirable exercises for keeping the spine elastic. They are Paschimottasan and Yoga Mudra, Chakrasan, Ardhasupti Asan and Matsyendrasan. If you do not keep the spine elastic, the spinal column will ossify and degenerate quickly. You will appear old though you are young. A man who practises these spinal exercises will be nimble as the squirrel. He will never look old.

Whatever the system may be, there should be some exercises to develop the upper extremities such as the arm and the forearm. There must be some exercises for developing thighs and legs. There should be some exercises for bending the spine forwards, backwards and laterally. There must be some exercises for developing the chest and neck and the abdomen. That system which does not contain a happy combination of these exercises is surely defective.

Those who are doing exercises of any kind should observe the following rules carefully :—

One should be strictly regular in the performance of exercises. Regularity is a pre-requisite if you want to progress rapidly and succeed in physical culture. Those who do vigorous exercises should take substantial nutritious food, as otherwise, their muscles will waste. You will not find much improvement. Plenty of ghee, milk, butter, nuts, etc., should be regularly taken. Those who practise Sirhasan should take some light tiffin ten minutes after all Asans are over. You should

take some light food after you have finished the exercises. Weigh your body once a month and keep a record. Exercises can be practised both in the morning and evening. You should rest for half an hour before you take your bath. You should try to observe Brahmacharya as much as you can. If you remain a strict celibate you will achieve astonishing results. What is there in a woman? What is there in repeating the same old disgraceful act again and again? Are you not ashamed of it? Do you not realise that it is all the play of Avidya and false Moha? Strengthen the body and then do spiritual Sadhana. You will enjoy real bliss. I beseech you, learn to be wise at least from now onwards.

Asans can be done in the morning. Physical exercises can be done in the evening. If you want to do physical exercises also in the morning, take a little rest, say for 15 minutes, after finishing all Asans and then do physical exercises. Do Pranayama after you have finished the Asanas. Practise the Asanas in an open airy place. You should not go to extremes in exercises. There must be the feeling of exhilaration during the practice of Asanas or any kind of exercise and also after you have finished them. There should be absolutely no feeling of fatigue or depression. Remember this point well. If there is depression or fatigue, you have gone to extremes; you have gone beyond your capacity. For a full and detailed description of Asanas, please refer to my book "YOGA ASANAS".

Soak some Chana or Bengal gram or almonds or papaver seeds (Kas Kas) in water over-night and take

this in the morning after having finished your exercises. These stuffs are cooling and strengthening. You can take gram for a week and papaver for another week.

Do not have any Moha for this perishable body. Treat this body as your servant and instrument. You are entirely distinct from this physical body which is made up of the five elements subject to decay and destruction. You are in essence and reality the all-pervading, imperishable Atman. Just as the house in which you live is separate from you, so also this body in which you are temporarily encased on account of ignorance is entirely different from you. Identification with this body is the root cause for bondage and human miseries and sufferings. Do not become a slave to this body. It must obey your orders at all times and under all conditions, and not you to obey, its orders. You must be prepared to give up this body or dedicate it to a just and noble cause. Practise self-denial, self-abnegation and self-sacrifice.

In conclusion, O nectar's sons ! Children of Light and Immortality, keep this body strong, healthy and active by regular physical culture. Lead a happy, contented life. Say : "I have now good blooming health. I can make the pomp of emperors ridiculous." Use this body-horse to reach the destination-Brahma-Nirvana. Use this body as a boat for crossing the river of life to the other shore of immortality and fearlessness.

2. Vir Asan

Sit at ease. Place the right foot on the left thigh and the left foot underneath the right thigh. Lord

Gouranga used to sit on this Asan for his meditation. This is a comfortable posture. Virasan means hero-posture.

3. Mayurasan

Place the palms of the two hands on the ground; place the navel on the two elbows. Stand upon the hands, the legs being raised in the air plain or crossed with Padma. It destroys the effects of evil and unwholesome food. It augments the digestive fire. It digests even Kala Koota Visha (the most virulent and deadly poison). It destroys the effects of deadly poisons. It cures diseases of the stomach like Gulma etc., reduces spleenic and liver enlargements. It tones the bowels and removes constipation. It awakens the Kundalini Shakti. It gives a wonderful appetite. Take the help from the end of a table in the beginning. Then practise on the bare ground.

4. Bhujangasan

Let the body from the navel downwards to the toes touch the ground. Place the palms on the ground. Raise the head (the upper portion of the body) like a serpent. This stretches the muscle of the back and relieves back pain, lumbago, constipation, etc. It increases bodily heat and destroys hosts of ailments. The Kundalini is awakened. Do this 3 to 6 times. It augments good appetite.

5. Salabasan

Lie on the ground face downwards, the two hands being placed on the sides, touching the ground with the palms turned up. Raise the legs in the air one cubit high. This removes constipation. It is useful in removing several diseases of the stomach and bowels. Do this 3 to 6 times.

6. Dhanurasan

Stretch the legs on the ground straight like a stick. Lie facing downwards. Catch hold of the toes of the feet with the hands. Make the body bend like a bow. This is very, very useful in removing even chronic constipation and several other diseases. Do it 3 to 6 times.

7. Halasan

Do Sarvanganasan. From Sarvanganasan come to Halasan by bending the trunk and allowing the toes to touch the ground. The chin must be pressed against the chest. The figure will look like a plough. This is useful in relieving constipation. It brings about elasticity of the spine and reduces enlarged spleen and liver. A course of Halasan, Bhujangasan, Dhanurasan, and Salabasan is a unique combination for good health and relief of constipation. Practise and realise the incalculable benefits.

8. Sarvanganasan

This is another important Asan. Lie quite flat on the back. Then slowly raise the legs quite vertical..

Support the back with the two hands. Press the chin against the chest. This is very easy. Sirhasan is a bit more difficult. Slowly bring the legs down. Concentrate the mind on the thyroid in the neck. Practise this Asan from 2 to 5, 10 to 20 minutes daily. I am very fond of these two Asans. I generally recommend these combined with Paschimottasan to those who approach me. These three Asans themselves can keep you in perfect health. Sarvangasan keeps the spine very elastic. Elasticity of the spine means everlasting youth. Sarvangasan awakens the Kundalini, checks wet dreams, removes constipation, helps digestion and Brahmacharya, exhilarates the heart and spirits, purifies the blood, tones up the nerves and the brain and removes all diseases. Sarvangasan energises, invigorates and vivifies. A course of Sirsho-Sarvang powerfully rejuvenates and dispenses with monkey gland grafting.

9. Sirhasan

Sirhasan is the king of all Asans. This is very useful in keeping up Brahmacharya. It makes you an "Oordvareta Yogi". The seminal energy is transmuted into Ojas Shakti. This is also called sex-sublimation. You will not have wet dreams or spermatorrhea. In an Oordvareta Yogi the seminal energy flows upwards into the brain for being stored up as a spiritual force which is used for contemplative purposes. When you do this Asan, imagine that the seminal energy is being converted into Ojas and is passing along the spinal column into the brain for storage. Sirhasan invigorates,

energises and vivifies. This Asan is really a blessing and nectar. From this Asan alone the brain can draw plenty of Prana and blood. This acts against the force of gravity and draws an abundance of blood from the heart. Memory increases admirably. Young, robust persons should do this Asan. Those who do this should not have frequent sexual intercourse. This is a panacea, a cure-all, a sovereign specific for almost all diseases. The advantages that are derived from this Asan are incalculable. It brightens the psychic faculty and awakens the Kundalini Shakti.

Spread a fourfold blanket. Sit on the two knees. Make a finger-lock by inter-weaving the fingers. Place it on the ground upto the elbow. Now keep the back of the head touching this finger lock, between the two hands. Slowly raise the legs till they become vertical. Stand for five seconds in the begining and gradually increase the period to about 20 minutes or half an hour. Then slowly bring the legs down. Do this Asan with an empty stomach. If you have time, do twice daily both morning and evening. Perform this very, very slowly and avoid jerks. While standing on the head breathe slowly through the nose and never through the mouth. After the exercise is over, take a little rest for about five minutes and then take a cup of milk.

Those who wish to do this Asan for a longer time,—say 20 or 30 minutes—should take light refreshment when this Asan is over. This is very, very important. In summer do not practise this Asan for a long time.

10. Agnisara Dhauti

Press in the navel towards the spinal column. Draw the intestines and belly back. Release them slowly. Again draw in. Again release. Repeat this process 108 times. This is Agnisara Dhauti or fire process of cleansing. This is a kind of Dhauti which cleanses the impurities of the body. This Hatha Yogic Kriya increases the gastric fire (Jatharagni) and removes dyspepsia, gastralgia, gastrolina, sour belching and all other diseases of the stomach. It increases the peristalsis of the bowels. Constipation is removed. Sluggishness of the liver and enlargement of the spleen are cured. The practitioner gets a shining and beautiful body. You will have wonderful appetite. Excessive fat in the belly will disappear. In the beginning do this a dozen times. Gradually increase the number every week till you get the maximum number, viz., 108. The body is cleansed by augmenting the inner gastric fire. Hence the significant name Agnisara.

11. Nauli Kriya

In certain respects Nauli is the opposite of Uddiyana, though the student practises the former through the latter. In Nauli, the *rectus abdominis* is first contracted and then isolated from the abdomen. This isolation is effected by a forward thrust of the intestines helped by a downward and forward push of the latissimus dorsi and trapezius muscles. The posterior part of the diaphragm also lowers down. Thus the intestines

are pressed forward by the combined action of the three muscles, the diaphragm from above, latissimus dorsi and trapezius from behind.

The student stands with legs fairly apart from each other. He exhales thoroughly without strain and bends and catches hold of the two knees which are bent a little outwards. The spine is bent forward making a pronounced curve. As has been stated in the previous paragraph, the recti muscles are contracted and isolated. This is known as Nauli Madhyama. After securing this the student proceeds to do Nauli Dakshina. This is effected by contracting, isolating and rolling to the extreme right the right rectus abdominis. The left rectus is relaxed, the pressure of the left hand on the left knee is removed and he inclines slightly to the right to bring out Dakshina Nauli.

Vamana Nauli is secured by contracting, isolating and rolling to the extreme left the left rectus abdominis. The right rectus now is released, the pressure of the right hand on the right knee is removed and he inclines slightly to the left side to bring out Vamana Nauli.

By repeatedly doing Dakshina Nauli and Vamana Nauli complete control is obtained over the rectus abdominis, which could be rolled round and round. This Yogic practice increases the digestive fire and removes all the diseases of the stomach, the liver and intestines. The student will have wonderful health. Constipation is eradicated.

12. Abhyasa Krama

(In Yogic Practice)

(Order of doing Asans, Pranayama, etc.)

A.	1. Garudasan	...	1	minute
	2. Padmasan	...	5	minutes
	3. Baddha Padmasan	...	3	"
	4. Siddhasan	...	5	"
	5. Ardha Matsyendrasan	...	2	"
	6. Bhujangasan	...	3	"
	7. Salabasan	...	3	"
	8. Dhanurasan	...	2	"
	9. Paschimottasan	...	3	"
	10. Mayurasan	...	1	minute
	11. Sarvangasan	...	3	minutes
	12. Halasan	...	2	"
	13. Matsyasan	...	2	"
	14. Sirhasan	...	10	"
B.	1. Maha Mudra	...	2	"
	2. Yoga Mudra	...	2	"
C.	1. Mula Bandha	}	6	"
	2. Jalandra Bandha			
	3. Uddiyana Bandha			
D.	1. Ujjayi Pranayama	...	2	"
	2. Sitkari Pranayama	...	3	"
	3. Sitali Pranayama	...	5	"
	4. Bhastrika Pranayama	...	5	"
	5. Pranayama (Purak, Kumbhak, Rechak)	...	10	"
	6. Savasan	...	5	"

1 hour 25 minutes.

If you do not practise Pranayama, do Savasan after doing Sirshasan. Sirshasan must be done in the end. Those who practise Sirshasan for $\frac{1}{2}$ or 1 hour should take a good supply of milk and ghee. Some light food as milk should be taken after Sirshasan is over. Take some rest after finishing Asan from 5 to 10 minutes and then start Pranayama. In the beginning do an Asan for $\frac{1}{2}$ a minute and gradually increase the time according to your capacity and strength. Matsyasana should follow Sarvanganasana : Paschimottasan should follow Dhanurasana.

Use your common sense, discretion, discernment, discrimination, throughout the practice. You can make some slight alteration here and there in timing and order to suit your Prakriti. Instinct will speak aloud from within. Hear the voice and follow. This is your best guide. Regularity in practice of Asan and Pranayama is an important factor for attainment of success and full benefits. Practice of celibacy is also necessary. Food must be Sattwic. Chillies, tamarind, hot curries and chutnies, meat, garlic, onions, should be avoided.

Those who have enough leisure at their disposal can take the full course daily. It is a matter of one hour and twenty-five minutes only. Those who are very busy and bring forth lame excuses can practise for half an hour. They can do Nos. 6, 7, 8, 9, 11 and 14. Sirshasan is the king of all Asanas Sarvang also is very useful.

Whole-time Sadhaks can do Sirshasan for 1 hour. Sarvang for $\frac{1}{2}$ an hour. They can spend 2 or 3 hours

in practice of Asans and 1 or 2 hours for practice of Pranayama. Take a cup of milk when the Kriya is over.

Asans remove all diseases, improve health, energise digestion, invigorate the nerves, straighten the Sushumna, remove Rajas and awaken the Kundalini.

13. Physical Relaxation

You must know how to relax all the muscles of your body after you have finished your course of physical exercise daily. The practice of relaxing the muscles of the body will bring rest to the body and mind also. The tension of the muscles of the body will be relieved. People who know the science of relaxation do not waste any energy. They can meditate well.

After finishing your exercises and Asans, lie down flat on your back. Keep the hands at the sides quite relaxed. Keep them quite loose. You can practise Savasan or Murdasan. Relax all the muscles from head to foot. Roll the mind over the body from top to toe. You may find that certain muscles are not relaxed. Relax them also.

Roll on to one side and then relax as thoroughly as you can. Do not strain any muscles. Relax completely. Roll on the other side and then relax. This is naturally done by all, during sleep. There are various exercises for relaxation for the particular muscles of a particular part of the body. You can relax the head, the shoulders, the arms, the forearms, the wrist, fingers, thighs, legs, ankles, toes, knees, elbows, wrist, etc.

Yogis and pailwans know the science of relaxation thoroughly. When you practise these various exercises in relaxation, you must have the mental picture of calmness and strength.

If you like, you can practise relaxation by lying in an easy chair after finishing your Asans or exercises. This also will give you relief and comfort. Those who know relaxation can take a short nap for ten minutes at any time they like. Busy people, doctors and lawyers should know the science of relaxation. They can relax the muscles and the mind also and take rest in the waiting rooms of railway stations and in the bar room as well. They will be quite fit for further activity in the courts or the clinics. Relaxation refreshes a man completely.

Rest and Relaxation

The woman who can never relax, or take real rest, will not attain or retain beauty. Her face will show signs of fatigue her body is undergoing. Her body will lack poise. By keeping in a continued state of nervous tension—as many women do—she will grow old before her time, lose her looks, find that the tension has sapped her strength.

Once in the morning and once in the afternoon, relax completely for ten minutes at least. Stick to this rule no matter however busy you are. Sit in the most comfortable chair, or lie flat on a beach mattress, prop the legs about eighteen inches from the ground with a stiff cushion under the knees, and let every muscle go "flop." A cushion under the head, if lying

on the mattress, will relax the neck muscles. Close the eyes. Make the mind blank.

The idea of propping up the legs is to make the spine lie flat and to cool the feet by letting the blood run from them. When resting in a chair, prop up the legs and relax every muscle. It will not come easily at first, but it can be made a habit.

Many jobs have to be performed sitting-darning, mending and sewing machine work. Be careful to sit correctly to avoid fatigue. Only a few women are aware of the fact, that a faulty position may enlarge the hips. Never sit on the edge of the chair. Place the body well back and have a firm cushion to support the lower part of the back. Another thing to remember is to choose a chair of the correct height. Do not cross the legs. Sit with knees and feet close together and firmly planted on the floor or on a stool.

Fatigue at other tasks can be avoided by correct standing ; when a job entails being on the feet for a long time, have the knees and the heels close together. This makes a pillar on which the body can rest. The weight is not thrown on one leg or the other, but evenly on both.

14. Drink Water Through the Nose for Health

Drinking cold water through the nose is termed Ushapana in Ayurveda. It is usually done early in the morning just after getting up from bed. The quantity of water used usually for the purpose is from 8 to 25

ounces. The water used should not be very cold. It should have just the temperature of blood.

The student first stands stooping a little forward. Then he holds the cup of water so that the fore part of the cartilagenous portion of the nose is dipped in it. Then the cup is slowly and gradually fitted, and the water is slowly sucked in and drunk as the saliva is swallowed. Do it patiently and coolly. You will succeed. Having succeeded well in this, the student can suck water through the nose and pass it out through the mouth. He can do the same vice versa. There is another method of passing the water. For this he closes the right nostril with one of the fingers and sucks in water through the left nostril and immediately closes the left and blows out the water through the right. He can repeat the process several times. Then he should do the same vice versa.

Benefits

The process is simple and the benefits are many. The brain and the central nervous system are invigorated. The brain becomes active and keen. Throughout the day the brain is kept cool. The facial muscles are stimulated. The wrinkles (the marks of old age) will vanish gradually, and youth will dawn on the face. While drinking, the lachrymal glands that secrete tears pour out their contents. The eyes are washed nicely. They become keen and shining. Eye diseases are also cured. Long practice may bring 'Doora Drishti' too (power of seeing things that are at a distance). The air assage in the nose is kept

clean and clear, and cold and headache will disappear. The students of pranayama will have better success in their practices. Persons suffering from excessive bile will derive much benefit. Nauli Kriya could be done with advantage after Ushapana. Vigorous peristalsis of the bowels is set up and constipation is relieved ; chronic coryza, vascular rhinitis and other diseases of the nose are also cured.

Massage for Health

Massotherapy is a science. It should be learnt from a qualified or dexterous masseur.

Massage is 'methodical shampooing' and consists of rubbing, stroking, kneading, beating, rolling, and hacking, principally in the direction of the muscles. It serves to quicken the circulation of blood in the skin and the system and helps the skin and the body to maintain good health. Massage followed by bath is highly conducive to the health of all.

Massage is described in the oldest Hindu and Chinese books. It is an excellent therapeutic measure. Its range of usefulness has been greatly extended during recent years.

Massage strengthens the tissues and acts as exercise. There are many schools of massage. Each has its own methods.

Massage stimulates the skin, muscles and superficial muscles, promotes the flow of blood and lymph and the excretion of effete matter and thus excites appetite to supply the place of removed material. It also augments

muscular strength and promotes sleep. It serves as a substitute for exercise. Systematic massage combined with proper feeding is highly beneficial in debilitated persons.

Scientific massage helps the formation of new tissues and to build up wasted muscle. It aids nutrition and metabolism.

Stroking or Effleurage.—This is a soothing movement at the beginning of the treatment. In all cases the treatment should begin and end with this movement. This method is highly beneficial in removing spasm and promoting circulation. The part to be massaged is stroked firmly and slowly in the direction of the venous flow. It is carried out with the ulnar edge of the hand, but one finger or the whole palm may be used. It is also given between other manipulations.

Kneading or Petrissage.—This consists of five movements namely kneading, rolling, ironing picking up and friction. The tissues are pressed against the deep-lying structures, rolled and picked up. The muscles are drawn away from the bones and from each other. This is an imitation of the normal muscular action. Both hands are used for larger muscles. This is highly beneficial and effective in building up muscular tissue. It must be done slowly and rhythmically.

Rubbing or Friction.—This consists in rubbing rapidly in small circles from the periphery of the body towards the centre with the finger tips or the whole hand. It is used chiefly over nerve roots or near the

bones to stimulate nerves and to break down superficial adhesions.

Hacking.—The tips of the three inner fingers fall on the surface one after the other. This manipulation stimulates the soft tissues. It is applied to the spine and back. This serves as a general stimulant to the whole body.

Clapping.—The manipulation is done with the palms of the hands in a cup-shaped manner. The hands fall on the part alternately. This improves circulation of the blood in the skin.

Beating and pounding.—These are strong deep manipulations which reach the underlying deep tissues. The hands fall alternately with some force on the part treated. Beating over the muscles of the buttocks with closed fists is efficacious in constipation. It stimulates the organs that lie at the back of the abdomen and pelvis.

Skin rolling.—This is useful in breaking down thickened fibrous tissue and fatty deposits. The tissues are gripped between the thumb and the fingers. The thumb is rolled firmly over towards the fingers. Pinching must be avoided.

Vibrating massage.—The whole hand is placed on the part and a gentle trembling movement is done. This is a soothing and stimulating manipulation.

Tapping.—Tapping on the muscles with closed fist is a good method. Massage may be either general or local. In general massage the whole body is treated. When a part of the body is massaged it is local massage.

Massage should not be merely applying friction. It may be very vigorous in strong persons. It must be gentle in persons with delicate health. It should be rubbing with firm grip on the limbs. Pain should never be produced by massage. Always massage in the direction of venous return. Violent rubbing and manipulation is strongly condemned. The patient should be massaged daily.

Massage before bath is invigorating. Cocoanut oil or mustard oil or sesamum oil or ground nut oil may be rubbed while massaging. This lubricates, cleans and feeds the patient. Expose the body to the sun while rubbing oil on the body. Daily massage with copious oil for a long time is a great help to recovery in the case of patients who have been confined to the bed for a long time. The oil sinks into the system through the pores of the skin and supplies food.

Abdominal massage deep over the colon in the direction taken by the contents of the bowels is highly efficacious in removing constipation. A combination of kneading and percussion must be practised.

Massage of the limbs is of special value in diseases of the heart. Effleurage and petrissage are resorted to. This aids the elimination of waste products from the muscles and gives a purer blood supply to the heart muscle. It helps the arterial circulation and removes any holding up of the venous circulation.

When you do massage, repeat the name of the Lord and practise Pranayama or mild Kumbhak. Feel that you are shampooing the body of the Lord. Connect yourself with the cosmic energy or Lord Hiranyagarbha

and draw power from Him. Feel that the energy of the Lord is passing through your hands and regenerating the body of the patient and renovating his system. You will be replenished with inexhaustible energy. Such a pure mental attitude will go a long way in effecting a rapid recovery of the sick person. Your action will become a Yogic activity or an offering to the Lord.

Deep-Breathing

Deep breathing develops greater lung capacity and lung efficiency and bestows good health and freedom from diseases of the lungs. He who practises deep breathing exercises regularly will form the habit of deep breathing properly at all times. The breathing exercises should be performed in the open air or in a room with wide open windows. Deep breathing stimulates the circulation of blood, tones the nerves and the internal organs, augments the digestive fire and gives good appetite. This is a very good form of exercise. The whole body is toned. It gives exercise to the whole system. It strengthens the vital force and removes all sorts of diseases. It cures Asthma, consumption, Bronchitis. Deep breathing supplies extra oxygen to the blood. Therefore it gives a richer tone to the blood. Consequently the tissues get richer material for their use.

Exercise 1

Stand in the open air. Fill your lungs to the fullest extent as many times as possible during the

day. Take a deep, full breath through the nose. Draw in the breath as much as you can. Let the expansion begin in the abdomen. Gradually expand the chest. Hold the breath for 10 or 15 seconds. Then exhale fully. Let this be very very slow. Repeat this as many times as you can. Take rest for a few seconds between each repetition. You can do this while walking also.

Exercise 2

Stand erect at ease. Raise the arms above the head. Inhale or breathe in very very slowly. Get more air into the lungs. Concentrate on your effort. Then sit and rest on the feet. Now exhale slowly. Empty the lungs completely. Repeat this exercise five or ten times or more according to your capacity. Take rest for a few seconds between each repetition.

Exercise 3

Sit in Padma Asan or Siddha' Asan or Sukha Asan. Face east or north. Draw the air through both nostrils slowly as much as you can. Retain for 10 or 15 seconds. Then slowly exhale. Take rest for a few seconds and then repeat the process as many times as you can without any discomfort. Repeat Om during inhalation, retention and exhalation.

Exercise 4

Stand erect. Keep the hands at the sides. Now inhale. Raise the hands above the head till the palms touch above the head. Rise on the toes as high as

possible. Exhale slowly. Lower the heels. Bring the hands downwards in a wide circle till the palms touch the thighs.

Exercise 5

Stand erect. Keep the feet twelve inches apart. Keep the hands on the back of the thighs. Turn the palm inward. Breathe in deeply when you lower the head backwards. Bend the knees slightly and make a hollow of the back as much as possible. Remain in this position for five seconds and then come back to your original position, exhaling thoroughly. Repeat this five or ten times. Do not exert much. Do not fatigue yourself.

Exercise 6

Stand erect with hands on hips. Inhale slowly and deeply, raising the shoulders as high as possible. Then drop the shoulders as low as possible, exhaling slowly and thoroughly.

Exercise 7

Stand erect with hands on shoulders, inhale raising elbows sideways. Exhale thoroughly and slowly, bringing the elbows down till they touch the sides.

Exercise 8

Lie flat on a cot or the floor. Relax the muscles all over the body. Now inhale slowly and deeply. Retain for five or ten seconds and then exhale slowly and thoroughly. Repeat this ten times or as much as you

can. Repeat Om during inhalation, retention and exhalation.

Exercise 9

Stand erect. Close the nostrils slightly with the fingers. Make the opening of the nose quite small. Now inhale very slowly and forcibly through the small opening. Retain the breath for five or ten seconds. Then exhale slowly. You can make the opening larger or smaller. Take four or five breaths in this way, then remove the fingers and breathe normally. Repeat this five or ten times. This exercise will strengthen the lungs by giving power of resistance.

Exercise 10

Stand facing the Sun at sunrise. Place the hands on your hips. Inhale slowly and deeply. Retain the breath for five or ten seconds. Then exhale slowly and thoroughly. Repeat the twelve names of Lord Surya during inhalation, retention and exhalation.

CHAPTER XIII

KAYA-KALPA

From time immemorial the Hindu Rishis succeeded in devising means to discover remedies which can help one to attain astounding longevity retaining all the physical and mental powers intact till the last breath.

Kaya-Kalpa Chikitsa aims at rejuvenation of physical and mental powers and the attainment of longevity. The body is a boat to cross the ocean of this Samsara. It behoves therefore, that it should be kept strong and healthy. That is the reason why Manu has said, "Sareeram Adyam Khalu Dharma Sadhanam. This body is the foremost means for practising Dharma."

With the advent of Kaya-Kalpa treatment taken by Pandit Madan Mohan Malaviyaji, many people are now developing a fad for Kaya-Kalpa. There is much exaggeration regarding the results of this treatment. A man who has not lived a life of discipline, who has not led a well regulated life is not likely to get success in this treatment. Kaya-Kalpa treatment is certainly not meant for all. It is meant only for those sincere thirsty aspirants who are struggling hard to attain Self-realisation in this very birth and those who have dedicated their lives to the service of humanity. It is a heinous crime to take recourse to this treatment for the sake of sensual gratification. It is a bestial act to prolong the span of life by taking resort to Kaya-Kalpa treatment for a mere sense life. This science of Kaya-Kalpa treatment has been evolved by the Rishis of yore on a distinct spiritual basis. Exclusive materialistic life, without ethical discipline, self-restraint and spiritual ideal, has entirely ruined the people. Food, sleep, fear, and copulation are common in beasts and human beings ; but that which differentiates man from beast is the power of discrimination and Vichara Sakti.

Herbal remedies are prepared by special methods. The subject is put on a special diet. He lives in a specially constructed cottage which contains all requisites for the treatment. Kuti Prabasick Rasayana imposes such restrictions, whereas Batatap form of Rasayana does not impose any such restriction. Mercury plays an important role in the Rasayana Therapy of Ayurveda. Mercury is Siva-beeja. Mercury aided by special vehicles or "Nurpana" bestows youthful vigour. Mercury that is subjected to eighteen processes of purification confers strength, vitality and long life and wards off the infirmities of old age. Signs of youth, health and beauty reappear, if the treatment becomes successful. Grey hairs become black. Eye-sight improves.

What is wanted now is a spiritual Kaya-Kalpa which can purge the world of sinfulness and restlessness and restore its youthful purity and peace and establish the kingdom of God among men. Spiritual Kaya-Kalpa is far superior to physical Kaya-Kalpa. Spiritual Kaya-Kalpa can be attained through regular silent meditation. Yogins drink the nectar of immortality. Glory to the Rishis of yore who discovered this sublime science of Kaya-Kalpa. May their blessings be upon all !

Yoga and Kaya-Siddhi

Many brilliant investigators of the mystery of life and death are still baffled as to the cause of the decline and decay of the human body. Life is kept up by the reproduction of the human cells. Man is made up of

different groups and species of cells which perform different functions and which are all controlled by some co-ordinating mechanism. A cell is a mass of protoplasm containing a nucleus. These cells are constantly broken down and renewed. A time comes when cells lose their power of reproduction. Now man begins to age. At one time it was said that every part of the body is wholly renewed every seven years, but now it is said that the period is only about a year and a half. Metabolism is the sum total of the anabolic (constructive) and katabolic (destructive) changes that go on in the tissues of the body.

There are various kinds of tissues, *viz.*, muscular tissue, nervous tissue etc. There are different kinds of systems, *viz.*, the digestive or alimentary system, which consists of the mouth, pharynx, gullet, stomach, small and large intestines ; the circulatory system, which consists of the heart, arteries and veins ; the lymphatic system, which consists of the lacteals, lymphatis, and lymphatic glands ; the muscular system ; the nervous system ; the integumentary system, which consists of the skin or the epidermis, the cuticle or the dermis, the sudore foerous or sweat glands and the sebaceous glands which secrete sebum or fat ; the genito-urinary system, which consists of the kidneys, the uterus, bladder, urethra, the penis, and lastly, the endocrine system.

Secret of Death

One scientist believes that the secret of death is in the blood stream. He treats the blood with a chemical

preparation. Another scientist believes that the seat of life is the thyroid gland. He therefore replaces a worn out thyroid gland with a new young virile gland of a chimpanzee. Another scientist holds that senility is due to dissipation affecting some major glands of the human body. Many weak, prematurely decrepit people are transformed into healthy men and women by the administration of extracts of these glands by injection or by mouth. These modern miracles happen everyday. But they only restore diseased people to health : they do not prolong life beyond the normal span or solve the riddle of eternal youth. They will not even enable a healthy man of eighty to live upto the age of one hundred. That man will still die from the mysterious process of degeneration of the cells which is called "Old Age."

Rejuvenation when the patient is elderly and the human machine, the most magical of all machines, is wearing out, has only a temporary effect as a bottle of whisky will stimulate a tired man. Relapse quickly follows. The eyes, bright for a short time, become dull once more. The brain works vigorously for a brief period only. Afterwards weakness reasserts itself. The whole organism relapses into a state of greater decrepitude than before, because it has been called on to work beyond its strength and capacity by the forced stimulation of the artificially treated glands. If scientists could discover the secret of persuading the cells which compose the human body to renew themselves even in old age as they do in youth, there would be no practical limits to human life.

Rejuvenation through Kaya-Kalpa

The process of rejuvenation through the administration of Kaya-Kalpa according to the method of Yogis and Rishis and Ayurveda, is not to be confounded with that of the Western method adopted by scientists and doctors, where the object is purely on the physical basis. The process of rejuvenation through "Kaya Kalpa" is in the keeping of great Tapasvins. Kaya-Kalpa is the real elixir of life by which the Rasayanas make the body immortal. They can keep the body strong and healthy as long as they like. The body is an instrument with which we try to attain the goal of life. Suppose a man desires to practise Yoga. He dies before he attains the highest Nirvikalpa Samadhi. Then he takes up another body and starts again the Yogic practices. He dies again before he makes any substantial progress. In this manner much time is lost in dying and being born again.

Therefore, if the body is rendered strong and healthy, if birth and death can be got rid of, you will have ample time to do Yoga Sadhana and you will attain the goal of life in one birth. This is the theory of Rasayanas. They teach to immortalise the body first by means of Kaya-Kalpa made out of herbs or mercury or sulphur, Neem or Amlaka fruits, in order to achieve the goal of Yoga in this very life.

The body is the mould prepared by the mind for its operations. It is the mind that manufactures the body. This physical sheath is thrown out at death and the mind puts on another new sheath in the next birth, just as a man puts on a new cloth by throwing

out the worn out garment. The mind can draw any amount of power from the universal store-house of energy. If the mind can manufacture another new body in the next birth, why can it not do it just here and now, without dissolving this present body, by renewing the cells which make up this human body ? This is the theory of Rasayanas. This theory is quite correct, sound, logical and tenable.

The Prescription for Kaya Siddhi

Rishi Vaghbatt has prescribed a treatment in his Ashtanga Hridaya, Chapter 39, verses 28 to 32 for attaining Kaya Siddhi. Here is a translation of his method of Kaya Kalpa treatment :

"Cut the top of a healthy growing 'Palasha' tree (Bhutea Frondosa) and insert into the hollow made in the Palasha stem upto a depth of two cubits the pulp of fresh Amla fruits (Emlica phyllanthus) and tie round the stem upto the bottom "Dub" grass and cover it up with mud taken from a lotus pond ; and then let the humidity dry up by setting fire to the stem in a heap of dungcakes in a place excluded from draught. The 'Amla' fruit pulp so dried up is to be taken with honey and butter by a man to his heart's content, and boiled milk is to be taken after it to his heart's desire. This treatment is to be pursued for a month. Those things are to be avoided carefully which are prescribed for avoidance in such practice, and cold water should not be touched even with the hand. Then after the expiry of the eleventh day, the hair, teeth and nails begin to fall off ; and after some days the man regains his old

form, possessing imperishable manly strength equal to that of an elephant, with improved muscles, strength, intellect and vitality, he lives a thousand years."

Some Ayurvedic physicians say that the treatment is intended for middle aged men, and according to the text, the patient has to be kept in a room surrounded by double rooms or verandhas, one after the other, the arches of which have to be enclosed with bricks except for passages on either side, which have to be covered with pardhas and small light holes for the access of light. The room has, otherwise, to be excluded completely from the entry of sun, heat or draught of air, and an even temperature has to be maintained day and night. The wrinkles on his face will disappear and he will look very young with lustrous face. He will be able to read without glasses in the dim light of the ghee-fed wick, which is the sole lamp kept in the chamber of treatment. The treatment is carried on for 45 days.

Beauty, gracefulness, strength and adamantine hardness constitute a perfect body. The power to bear extreme heat and cold, the power to live without food and drink (drawing the energy from his pure, strong, irresistible will) also come under the category of Kaya Sampat. As food is only a mass of energy, the body can be kept healthy and strong if you can supply the body the energy from any other source such as the sun, the cosmic Prana, the will, etc. Yogis know how to absorb the energy and utilise it for the economy of nature in the preservation of the body. Vayubhakshan is another way of maintaining the body, by swallowing or

taking in air. The body becomes indestructible. Nothing can injure it. There is no more disease, death or pain for that Yogi who possesses Kaya Sampat.

How to Increase Longevity

According to Yoga, man's life is constituted of so many breaths. The number of respiration per minute is fifteen. In a day the breath is 21,600 times. If you can reduce the number of breaths by the practice of Kumbhaka or retention of breath, or stop the breath through Kechari Mudra, you can increase your span of life.

"If the spermatic secretion in men is continuous, it must either be expelled or reabsorbed. As a result of the most patient and persevering scientific investigations, whenever the seminal secretions are conserved and thereby reabsorbed into the system, it goes towards enriching the blood and strengthening the brain." Dr. Dio Lewis taught that the conservation of this element is essential to strength of body, vigour of mind and keenness of intellect. Another writer Dr. E. P. Miller writes "All waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of life force. It is almost universally conceded that the choicest elements of the blood enter into the composition of the spermatic secretion. If these conclusions are correct, then it follows that a chaste life is essential to man's well being."

Brahmacharya is the basis for the attainment of Kaya Siddhi. Complete celibacy must be observed. This is of paramount importance. By the practice of

Yoga the semen becomes transmuted into Ojas Shakti. All the cells are vivified or galvanised by the power of Ojas. The practice of Brahmacharya, Pranayama, Sirhasana and other Hata Yogic Kriyas and meditation, entirely renovates the system and gives new strength, vigour and vitality to the cells. The Yogi will have a perfect body. There will be charm and grace in his movements. He can live as long as he likes (Iccha Mrityu). That is the reason why Lord Krishna says to Arjuna "Tasmath Yogi Bhavarjun"—Therefore become a Yogi.

If a Yogi acquires Kaya Siddhi or perfection of his body, all diseases and tendencies to disease will vanish. He will not be affected by the pairs of opposites like heat and cold. There will be diminution or disappearance of excretions. The craving of hunger and thirst vanishes. He may take very little food or completely abandon food. Pain of any sort disappears. He may experience some pleasant feelings in place of heat, cold and pain. The Siddhis Anima, Mahima, Laghima come under Kaya-Siddhi.

CHAPTER XIV

DISEASES, THEIR CAUSE, SYMPTOMS AND TREATMENT

Asthma

Definition—This is a disease of the respiratory system characterised by sudden and paroxysmal attacks of difficulty of breathing with a tendency to periodic recurrences, usually in the night. The breathing is

accompanied by a loud wheezing sound. This can be heard at a distance from the chest. Most frequently it is a disease of adult life, in which heredity is an important factor. Most cases have a neurotic element. It is seldom dangerous, but it is extremely painful.

Symptom—Asthma is more frequent in males than in females. The chief symptoms are difficulty of breathing and a sense of suffocation. The attack may last for minutes or hours or several days. The patient sits up in the bed and gasps for breath. On account of the spasm of the muscular fibres of the breathing tubes the calibre of the tube is diminished. Hence there is difficulty in breathing. The patient wakes up with an attack of difficult breathing.

Cause—The spasmodic contraction may be excited by dust, vegetable irritants such as pollen, chemical vapours, overloaded stomach, certain odours and animal emanations. Emotions such as fear and anger, constipation, heavy suppers, flatulence, may bring on an attack.

Emanations from horses, dogs, cats, or birds are injurious. Feathers may irritate and bring an attack of asthma. The attacks may come on after eating some special food, probably nuts, peas, lentils, or shell-fish.

Treatment—Asthmatics should avoid heavy meals before retiring to bed. Strong coffee without sugar or salt is helpful. It will relieve the fit of Asthma. Dry inland climate is suitable for asthmatics. Don't go where there is irritating dust.

An asthmatic should never eat as much as he can. Overloading of stomach should be avoided. He should not take pickles. It is only by self denial in diet that an asthmatic can live comfortably.

Treatment is equally important during the intervals between the fits. During the intervals, change of air, careful diet, tonics, are beneficial. A suitable climate must be found by experiment in each case. The diet must be light and non-stimulating. The general health should be kept up at the highest possible level. More can be done for asthmatic patients by careful dietetic management than in any other direction. Hill stations do not suit asthmatics. The asthmatic should leave places where there are brick kiln, and where sulphur is used.

The last meal should be small and not taken late. Solid meals after two o'clock in the day should be avoided. The diet should be dry and small in quantity. If the patient has an idiosyncracy to any particular food, that should, of course, be excluded.

The patient may rest in an arm chair during the fit, with a pillow on which he may rest his elbow. Pressure with the thumbs on the auxillary arteries of the arms will lessen the difficulty of breathing.

A brisk emetic often cuts an attack short. Massage of the chest and spine is highly useful. Deep breathing is beneficial. Bhastrika Pranayama cures the disease.

It is better for patients to live in the upper storey than the ground floor of a dwelling. Smoking should be entirely given up. If there is constipation, the bowels should be kept open by a warm water enema.

The patient should spend much of his time in open air. Short fasts at intervals of one or two months is highly desirable. Full fast on Ekadasi is immensely beneficial. When the attack comes on, fast till it abates. The general tone of the whole body must be well maintained.

Stay on the Ganges bank, using Ganges water for drinking, bathing, etc., will give great relief to asthmatics. Asthma is completely cured by utilising Ganges water continuously for a year or two.

The patient must use his common sense and rely on his experiences as a guide.

Blood Pressure

Definition—The arteries get thickened in old age and lose their elasticity. In high blood pressure, blood has to circulate under pressure. Those who suffer from high blood pressure should be very careful. They should at once reduce the pressure. The arteries become stiff on account of high blood pressure. It is more frequent in and past middle age.

High blood pressure may be defined as continued pressure above 150. Variations of 10, 20, 30, 40 mm. Hg. in daily pressure do not matter. Blood pressure is the tension at which the blood exists at any point in the vascular system.

The pressure put on the elastic blood pipes or arteries, which carry pure oxygenated blood from the heart to the tissues, is blood pressure. The blood vessels are more than full. They are always under

pressure and distended. This pressure is called blood pressure. Pressure is found by the help of an instrument called sphygmometer. The figures indicate pressure in millimetres of mercury.

Average blood pressure

<i>Age</i>		<i>Systolic</i>		<i>Diastolic</i>
20	...	120	...	80
25	...	122	...	81
30	...	123	...	82
35	...	124	...	83
40	...	126	...	84
45	...	128	...	85
50	...	130	...	86
55	...	132	...	87
60	...	135	...	89

A normal record shows that the heart and vessels are healthy and that there is no toxic condition of the blood to increase resistance.

Causes—Causes of high blood pressure are heredity, age, strenuous work as of doctors, lawyers and business men, over-nutrition, disturbances of endocrine glands, kidney trouble, arteriosclerosis or hardening of the arteries, some forms of heart disease, angina pectoris, gout, nicotine poison through heavy smoking. Mental strain has a very decided influence on blood pressure.

Blood pressure is raised by kidney diseases as well as by those of the arteries. It occurs in emotional or highly nervous people. Blood pressure is only a symptom.

The causes of low blood pressure are : exhaustion, shock, typhoid fever, tuberculosis, internal bleeding, exhausting diseases, excessive sweating, diarrhoea.

Sedentary habits, constipation and excess of nitrogenous food are exciting causes.

Symptoms—The patient generally complains of one or more of the following symptoms, *viz.*, headache, vertigo or giddiness, dyspnoea or difficulty of breathing, palpitation, langour, feeling of fullness above the head, disinclination for exercise, depression, disturbed vision and sleeplessness.

Heart—The heart is the central pumping station situated in the chest between the two lungs. The size of the heart is that of one's closed fist. It contracts and dilates. It can pump 10 to 15 pounds of blood in a minute. It completes one circulation in a minute. The Aorta is the biggest artery which takes its origin from the heart. As the heart contracts and dilates, a fresh quantity of blood is thrown into the aorta. The arteries are already full of blood. A wave is produced in the blood stream. This wave produces pulsation in the arteries. The pulse-wave moves at the rate of 30 feet per second. It takes one tenth of a second to reach the wrist from the heart. It takes 5 seconds for the blood to reach the wrist.

The pulse can be conveniently felt in the radial artery at the wrist. You can count it by looking at the watch. In a healthy adult the pulse beats will be 72 per minute and the respiration will be 14 to 18 per minute. The ratio between the respiration and pulse in a healthy adult is 1 : 4. This will be disturbed

in Pneumonia and other diseases. The science of the pulse is wonderful. An able Ayurvedic doctor will be able to diagnose the disease and describe the symptoms and fix the time of death by feeling the pulse alone. The pulse is an index of the heart. It shows the condition of the flow of blood, its volume and pressure.

When a man exerts himself much, on some occasions the heart may do four times its normal work. Under such conditions the pulse beats may be very very fast. The reserve power of the heart is put into action when there is extraordinary strain on some occasion. But if the heart is weak or is in a diseased condition, it will not respond. It will not supply the required amount of blood to cope with the strain or overwork. Consequently there will be less blood in the brain. This will produce swooning and the stoppage of the heart's action or heart failure. Therefore you should never cause undue strain to the heart. Remember this point well.

Treatment—Be cheerful and joyful always under all circumstances. Smile and laugh. Freedom from worry is essential. If symptoms are very troublesome, absolute rest in bed is very essential. The mind and body should be perfectly relaxed. Any sudden exertion should be avoided. Walking is beneficial.

Fasting is highly useful. Take fruit juice, fresh green vegetable salad. Apple and cream is a good, wholesome combination. Give up starches and heavy food. Live on low diet. Hot tea, coffee, spices, pickles,

All liquors, tobacco, should be strictly avoided. Lime juice is beneficial.

Be careful about your dress. Do not wear anything that can impede the free movement of the blood. Do not wear tight corselet or tight shoes or tight garters. Tight collar, bands or gloves, tight necklace or bracelet, should be avoided.

Sponging the whole body with tepid water daily followed by a brisk rubbing with a rough towel is helpful. Hot baths, turkish baths, are useful.

Relaxation exercises is one of the best means.

Bronchitis

Acute—There are two kinds, acute and chronic. Acute bronchitis is inflammation of the lining mucous membrane of the bronchial tubes or the bronchial tubes which lead to the lungs. It occurs most frequently in winter amongst elderly people. It is common in children.

Cause—Insufficient food, overwork, a run-down condition of the system, scanty clothing, excessive confinement in warm rooms, too warm wrapping up, are the predisposing causes of acute bronchitis. Sudden exposure to cold, spreading of nasal catarrh, certain occupations which expose people to irritating vapours and small particles of dust are the exciting causes.

The cotton mill hands and chemical manufacturers suffer from bronchitis. It is common amongst people who are exposed to all weathers.

Symptoms—Limbs ache. There is running in the nose. There is chillness. The bronchial tubes get choked. There is difficulty in breathing. At first there is dry and hacking cough. Little phlegm comes out. There is fever. In the course of two or three days there is plenty of sputum. There is a sense of oppression or tightness in the chest. The pain is burning in character. The pain is behind the sternum. This is not a fatal disease. There is frequent cough. There is a slight rise of temperature. The disease lasts a week or ten days and gradually subsides.

Treatment—Cough is nature's way of throwing out the irritants and phlegm from the breathing tubes, just as diarrhoea is for throwing out the irritants from the bowels. It is not wise and judicious to check it in the beginning. To check it is to increase the trouble. Nature's help must be resorted to in order to liquify the phlegm and make it come out quite easily.

Sponge the back and chest up and down rapidly with hot water. Hot linseed-meal poultice will give great relief to the distressing tightness of the chest.

The bowels should be well opened by a warm water enema. Hot milk will loosen the phlegm and make the cough easier. Add a little black pepper and dry ginger powder to the milk.

Fomentation to the chest with a flannel dipped in hot water and turpentine or oil of eucalyptus sprinkled in it is very useful. Add a teaspoonful of oil of eucalyptus to a jug of hot water and inhale it as much as possible.

Diet—Diet should be fluid. Warm sago or barley water is useful. Fasting is highly beneficial.

Gul Banabsha gives great relief. A decoction is made out of Banabsha, liquorice, pepper and sugar candy. Keep a piece of liquorice in the mouth. It will relieve cough which is merely a symptom of a catarrhal condition of the bronchial tubes. Smoking should be given up. It causes irritation in the bronchial tubes and produces cough.

During convalescence the general health must be improved. The patient should get pure air to breathe. Walking and mild open air exercises are beneficial. The patient should rest in bed and wear light but warm clothing.

Chronic—It may be chronic from the very beginning. This may be the result of repeated acute attacks. It is very common in elderly persons in whom it tends to recur or to be aggravated in winter. A cold damp climate is a predisposing cause for chronic bronchitis.

Symptoms—There are paroxysmal cough and profuse expectoration. The cough is present in winter and improves when the weather gets warmer. There is no fever or constitutional symptom.

Treatment—Change of air often does good. Chill and exposure must be avoided. Hygienic measures, spinal manipulation, proper clothing, careful dieting, warm water enema, fasting, do much good. Breathing exercises are highly beneficial. Smoking should be given up. Fruit diet is useful.

Constipation

Constipation is the mother of other chronic diseases. It is the starting ground and basis for many chronic diseases. Constipation is the cause for piles. The accumulated faecal matter presses upon the veins of the lower end of the rectum and anus and produces piles. The accumulated faecal matter decomposes and generates toxins and poisons. These toxins are absorbed in the blood and produce auto-intoxication, fever, headache, depression, dyspepsia, lassitude, lack of concentration, listlessness, loss of appetite, flatulence, coated tongue, nausea, etc. Constipation produces anaemia or bloodlessness, colic, spermatorrhoea, fissure of the anus, irritable bladder, sciatica, piles, varicocele, etc.

Precaution—The first tendency to constipation should be guarded against, lest it becomes habitual. Follow the instructions for personal hygiene. Attend to your teeth. Masticate the food thoroughly.

Regular habits of living, regularity in food, exercise, early to bed and early rising, are all essential factors in the successful treatment of the dire malady. The bowels must act freely and naturally. This is the first sign to indicate that permanent improvement in your health has taken place. Then only will you have good health.

Definition—Constipation is insufficient action of the bowels, delay in the passage of the contents of the bowels, causing hard dry faeces (scybala). This is more common in women than in men. There is

prolonged ill-health on account of the toxæmia of intestinal stasis.

If food does not pass out within 24 hours, it is slow-action of the bowels. If it does not pass off within 48 hours, it is constipation. A useful and simple test consists in giving a tablespoonful of powdered charcoal at night. It should normally have completely disappeared from the stools before forty eight hours.

Cause—Weakness of the muscles of the bowels, sluggish condition of the liver, neglecting the calls of nature, lack of vegetables and fruits in the diet and the consequent lack of roughage, lack of exercise, not sufficient quantity of food and water, errors in diet, faulty diet, wrong feeding and wrong living, sedentary habits, severe enervation due to nerve strain, overwork, excesses of all kinds, loss of tone of the bowels and lack of good peristaltic movement of the bowels, reduction of food, produce constipation.

Errors in diet such as taking too bland food, e.g., no vegetables, no food with coarse residue, too dry food, e.g., deficient fluid ingestæ, too little or poor food, deficiency of vitamins; causes of defective peristalsis such as sedentary habits, depressing emotions, anxiety, worry which cause sympathetic inhibition; old age and other conditions with poor general tone such as anaemia or bloodlessness; prolonged disregard to the calls of nature, weak abdominal muscles, atony or loss of tone of the colon, some feverish states, endocrine disorder, specially deficient activity of thyroid and pituitary, reflex spasm as in catarrh of colon or uterine disease, drugs such as opium, iron,

lead ; deficiency of bile or of intestinal secretions due to functional inactivity of the liver, profuse vomiting, excessive loss of fluid by skin or kidneys, astringents such as chalk or catechu—all these produce constipation. Hard waters also act in the way.

Treatment : General—Cultivate regular habits. Visit the latrine at a fixed time daily in the morning and evening, whether there is any desire for passing stools or not. In course of time, a regular habit of defecation at a regular hour will be formed.

When you sit in the latrine give a mild tapping with your closed fist at the buttocks several times. Massage the abdomen. This will help you to evacuate the bowels. The squatting position aids. Do not strain. Avoid hurried visits to the latrine.

Avoid purgatives and laxatives of all kinds. Frequent purgatives injure the bowels. For a week use warm water enema daily, then on alternate days, and ultimately once a week. This is very effective in clearing the bowels of accumulated faeces. Gradually the bowel resumes its normal functioning.

The occasional use of enema is highly beneficial, but do not develop an enema habit. Take it daily if constipation is very troublesome.

Active exercises are necessary. Strengthen the abdominal and pelvic muscles by doing abdominal exercises. Abdominal massage is highly beneficial. Gently roll the abdominal wall. Roll over the abdomen a seven-pound shot-ball in the direction of the hands of the clock.

Put mud plaster over the abdomen. Cover it with plantain leaf and bandage it. Try this patiently for ten to fifteen days. It can bring about normal evacuation of the bowels.

Take friction, sitz-bath in the early morning (cold or hot). This will stimulate and tone the bowels, and relieve constipation. It will increase the peristaltic movement also.

Take long walks morning and evening.

Dietetics—Drink a tumbler of plain water hot or cold as the first thing in the morning and also at bed time. This is enough to remove ordinary constipation. Drink sufficient water during the course of the day. Ordinarily the bowels should be moved once daily.

If stools are hard they indicate that more water has been extracted from them than normal. The stools become hard by long stay in the bowels and water is lost thereby. If you drink plenty of water it will render the stools soft.

Take some munakka (big dried raisins), figs, prunes, dates, guava at night. Fruits like apple, grapes, banana and orange also can be taken.

Avoid large quantities of milk or hard water. Coarse foods should be taken such as oatmeal, wholemeal or brown bread, green and raw vegetables, figs, prunes, and ripe fruits. Take plenty of boiled green vegetables, fruits and salads daily; change the diet completely. Give up tea.

Take bread made out of stone-ground flour or whole meal bread with plenty of butter, honey or treacle or cream or cheese. You can take well-cooked

oat-meal with cream or treacle. Take plenty of vegetables, greens and salad. You can take fresh or stewed fruit with cream. Vegetable soup is useful. Lactose may be used instead of ordinary sugar. Baked apples, stewed prunes, oatmeal, porridge and brown bread are highly useful.

Drink a tumblerful of cold or hot water at 4 a. m. as the first thing in the morning. Take a cup of milk, some fruits like apple, orange or banana at 6 a. m. At 11 a. m. take wholemeal bread, butter, honey, green and leafy vegetables, spinach, laukee, turnip, parwal and some fruits. At 4 p. m. take a cup of milk and one banana. At 8 p. m. take bread, green leafy vegetables, fruits and a cup of milk.

The food should contain plenty of roughage or waste matter. This roughage helps the peristaltic movement of bowels and elimination of faecal matter and removes constipation. The roughage is supplied by the fibres or cellulose contained in vegetables and fruits. Hence fruits and vegetables are essential in your daily diet. Take raw fruits and raw vegetables.

The undermentioned articles of diet leave a good residue. They will increase peristalsis or the vermicular movement of the bowels, which helps to eliminate the faecal matter.

Vegetable soups, cabbage, cauli-flower, spinach, string beans, peas, parsnips, carrots, turnips, lettuce, watercress, mustard and cress, celery, tomatoes, prunes, dates, figs, raisins, strawberries, currants, raspberries, gooseberries, oranges, apples, peaches, melons, oatmeal, grapanuts, wheatbran, wheat

flakes, all these can be taken with cream in lieu of milk. Cream, light puddings, stewed fruit with cream can be taken. Fruit cake, butter, cream, fruit juice, jam, marmalade, honey, coarse brown sugar, all these can be taken with much advantage. Avoid tea, rice, tapioca, cheese, nuts, pastry, fried foods.

Bael fruit is highly useful. If it is raw, heat it over the fire with the outer crust on. Raw bael can be cut and preserved in syrup. Raw bael may be dried and powdered. This powder can be taken with milk.

Occasional fasting is highly beneficial. Give rest to the stomach and intestines. Take only one meal for some days. Do not take any breakfast. Live on fruits and milk for some days. Live on fruits alone for some days. Have a restricted diet for some days. Use your common sense and wisdom and adjust the diet carefully, cautiously and wisely.

Turmeric is laxative. It is useful in all cases of constipation.

Yogic.—Some abdominal exercises such as drawing the belly backwards and bringing it forwards quickly (pumping action of the belly) is highly beneficial. This is called Agni Sara Kriya. Do this 10 or 20 times in the morning.

Contract and relax the anus several times sitting on Vajra Asan. This is called Aswini Mudra. This Kriya is beneficial to some extent.

If the motions become very hard like stones (Scybala), lubricate your middle finger of any hand with some oil or soap, introduce it into the rectum and slowly remove it. This is known as Ganesh Kriya in

Hata Yoga. Do not make this a habit. You can do this Kriya occasionally.

Do Bhujang, Salabh, Dhanur, Mayur and Paschimottan asans. Practice of Sarvang asan, Nauli, Uddiyana, is very useful in removing constipation.

Consumption (T. B.)

Consumption is known by the names Phthisis or Pulmonary Tuberculosis. The body is consumed and so it is called consumption. The patient wastes and so it is called Phthisis.

According to Western doctors this disease is caused by the germ, Koch's Tubercl Bacillus (T. B.). Sometimes the disease assumes a formidable form and kills the patient quickly in a few months or weeks. This type is called 'galloping consumption.' The disease gallops or marches quickly. The emaciation is rapid. Hence the significant name. Droplets of sputum sprayed from the mouth of a consumptive patient contain enormous numbers of bacilli.

According to Naturopathy, the disease is caused by deficiency of essential organic mineral elements in the tissues, particularly calcium, as a result of poor demineralised dietary.

Symptom:—There is persistent cough, weakness, anorexia or loss of appetite. There is rise of temperature in the evening (hectic fever), diffused pain in the chest. In the third stage there is great emaciation, profuse night sweats, anaemia haemoptysis or bleeding from the lungs, characteristic thick nummular sputum

(circular discs) that can be piled like coins. Cavities form in the lungs as the lung tissue is eaten away. The cough is hacking, paroxysmal and painful.

Cause.—Any condition of malnutrition may produce a predisposition to the invasion by the tubercle bacilli whether it arises from deficient food, from exhausting diseases such as diabetes or acute specific fevers. Unhealthy surroundings play an important part in the dissemination of this dire disease. Indoor occupations in overcrowded and ill-ventilated rooms are especially dangerous.

Certain occupations in which dust has to be inhaled such as stone-cutting, metal-cutting, grinding, polishing, predispose one for tuberculosis.

Living and working in badly ventilated places is conducive to the development of Consumption.

The tubercle bacillus is found in cows also. Tuberculous cows are a very serious source of infection, particularly to children. The germs are present in the milk of the affected cows.

The bacilli generate toxins. The system also generates anti-toxins. These anti-toxins neutralise the effects of the toxins and check the disease and produce immunity. If the vitality of the man is very great, if he is endowed with great power of resistance, the bacilli die or remain inactive. There is a regular fight inside between the anti-toxins and the germs. If the man's vitality is at a low ebb, if his power of resistance is weak, he succumbs to the attack of invading foes.

Treatment.—Absolute rest in bed is essential. Fresh air and sunlight play a most important part in the

treatment of consumption. The sputum should be received in a spittoon which contains some disinfecting lotion and burnt. The spittoon should be sterilised by boiling water. This will prevent infection. If the sputum is thrown here and there, it will dry up, and those who inhale the dried particles of sputum which contain the germs will develop the disease.

Fresh air is of great importance. The patient should remain in the open air as much as possible.

The patient should sleep alone. Sea voyage does much good in many cases of consumption in its early stage.

Sun-bath is highly beneficial. Tepid baths with brisk rubbing are very useful. Mild regular exercise is essential. Deep breathing exercise are of much benefit. Walking is the best form of exercise. The toxins are thrown out by muscular exercise from the pulmonary lesion.

The bowels must be regulated by warm water-enema. The patient should not talk too much. If the case is only in the first stage, cure may be effected within six months.

The patient should never kiss or fondle a child. Kissing is a source for the spread of infection.

Paper handkerchiefs may be used to receive the sputum. These should be burnt afterwards.

A shelter may be built in the garden in the open air or on the roof. Chills must be avoided. The patient can sleep in the open air and obtain the maximum of sunshine. All the windows should be opened. The natural power of resistance of the patient

should be increased and maintained on a high level by his remaining in airy, well-ventilated rooms, good nutritious diet, regular exercise, cleanliness and other hygienic measures.

General exposure to the morning sun is beneficial in the early stages. This increases the resisting capacity of the system. Sun-light is a potent disinfectant also.

The patient should learn how to live a healthy regular life with a combination of rest and graduated exercises, so that he may be in the best position to keep himself fit when he resumes his ordinary life.

Consumptive patients should avoid dust, wind and extreme heat. Never sleep with the mouth covered up. Avoid all fatigue of body and mind. Be calm and patient. Reduce the fever by rest in bed.

Keep the gums and teeth as clean as possible. Clean your teeth after each meal. Never neglect diarrhoea. Abandon smoking.

Do not waste your money and time on patent medicines. Avoid late hours.

Consumptives should never swallow their sputum.

Tepid or cold sponging, tub baths, should form a regular feature of the treatment.

Diet.—Fasting is highly beneficial. Take cocoanut water and orange juice alone for some days.

Milk, cream, fruits of all sorts, bananas, pineapples, oranges, grapes, fresh vegetables, butter, wholemeal bread, nuts, cheese—all these can be taken. Soup made of mixed vegetables does much good. The food must be nourishing and abundant.

Do not add sugar to milk. Take fresh milk. Take one and a half seers of milk daily. If it agrees to the system you can take more. Milk supplies plenty of calcium to the system. Rest for an hour after each meal. You can live on milk alone for some days.

White bread, white-flour products, refined cereals, tinned white sugar and preserved foods must be abandoned as they are deficient in minerals.

Hygienic.—The rooms in which the consumptive patients live must be thoroughly disinfected. Doctors should visit the home of the invalids and give correct hygienic instructions to the members of the house in order to prevent contamination to the un-infected persons who have been in contact with the patient.

A teaspoonful of oil of Eucalyptus or oil of pine should be put in a jug which contains boiling water. The vapour should be inhaled every night at bed time, and during the day if the cough is troublesome.

Diarrhoea

Definition:—Diarrhoea is the frequent occurrence of loose or liquid motions. It is the watery consistence of the stools which is the chief characteristic in diarrhoea.

Cause:—Diarrhoea is due either to an increase in the intestinal secretions, or the increased peristalsis (vermicular movement) of the bowels. It may be excited by the irritation of unsuitable food, unripe fruit, etc., by drinking cold liquids, by chemical irritants,

by putrefactive decomposition in the large bowels, by sudden changes of temperature, by emotion or fear. Irritation due to food, often leads to diarrhoea occurring on rising in the morning, and may also cause looseness after food.

Vegetable foods which are abundant in cellulose, or those which contain plenty of sugar or fat, cause diarrhoea. Food cooked in a new copper vessel, decomposing fruit, too much raw vegetable food, tinned foodstuffs which have been long in store and undergone a change resulting in the formation of ptomaines, shellfish, bad cheese, are all possible causes.

Water containing much peat from the mountains may also cause diarrhoea. Worms may give rise to diarrhoea in children. Infected milk or water may cause diarrhoea. Flies disseminate the disease.

In acute diarrhoea there is usually a good deal of pain and straining at stools. The tongue is coated. If the acute diarrhoea continues for some time it becomes chronic.

Diarrhoea is nature's process of eliminating irritants from the alimentary system. It is injudicious to stop it by drugs. You will have to aid nature in her eliminating action. This is indeed wisdom. If you stop it by medicines, the irritant particles of food, etc., will remain in the bowels and cause colic and more troubles. Purging is nature's remedy to free the bowels of the substances which are irritating them.

Treatment :—Do not take food for a day or two. You can drink as much water as you like. Give absolute rest for the bowels. Take rest in bed. Even after

you have become better, do not take for some time any irritating skins, seeds, vegetable cellulose and raw fruits. Take warm water enema for one or two days. Do not take any food till diarrhoea stops. If diarrhoea is due to fever and some other causes, treat the cause. Massage of the abdomen and the whole body is highly useful. After diarrhoea stops, take juice of orange, pomegranate, grapes or lemon sweetened with honey if desired. Arrow root congee, barley water, sago congee, butter-milk, cocoanut-water, whey, can be taken. Return to normal diet must be gradual.

Warmth to the abdomen is beneficial. An abdominal flannel belt may be worn, if the diarrhoea is due to changes of temperature. Expose the abdomen to the sun if possible. Observance of the rules of health, taking of proper food and drink and exercise will keep your system free from the disease.

Protect the food-stuffs and milk from flies. Cover them properly always.

Dysentery

Definition and Symptoms :—If diarrhoea is not attended to properly, it may develop into dysentery. Dysentery is more serious than diarrhoea. The patient passes mucus and blood along with stools. The large intestines is affected in dysentery. There is frequent tendency to answer calls of nature. This is very troublesome. There is griping pain also. The mucus membrane of the large intestines is inflamed and ulcerated. Small ulcers are

formed in the large intestines. Much stool is not passed. Sometimes, only mucus or blood comes out when the patient attempts to pass stools. Sometimes, there is prostration. The disease occurs in hot seasons or tropical climates. Dysentery is accompanied by fever.

Causes :—Exposure to sudden changes of temperature, impure drinking water, irregularities in diet, lying on the damp ground, living in unhealthy localities, are some of the immediate causes of dysentery.

Treatment :—The disease should be treated at once with care. There is the danger of the liver being affected. The first attempt is to clear the intestines of the accumulated mucus and all irritants by warm water enema. Enema can be given twice daily. The patient should have absolute rest in bed. No food should be given. It produces harm.

Fasting does immense benefit. The patient should fast as long as the acute symptoms are present. He can drink water freely. He can take barley water or whey or butter milk or lime juice. Only a small quantity can be taken at a time, very slowly.

Bael fruit is very beneficial. It can be diluted in pure water and given in the form of thin fluid. Decoction of pomegranate is another useful remedy. Curd diluted with water may be taken with much advantage. Sugar should be avoided as it irritates the mucus membrane of the intestines.

During the period of convalescence the patient should not load the stomach with heavy food. Relapses may occur. It takes a long time for the intestinal ulcers

to heal. The patient must be very careful in his diet. He should live on thin curd, barley water, fruit juice for some days.

Isafgol ($\frac{1}{2}$ to 2 teaspoonfuls) is a good lubricant and food. Take it in curd with some sugarcandy. Curd and Isafgol soothe the surface of the bowels and protect it from irritating substances.

It is difficult to digest milk. Milk need not be given at all.

Hot fomentations may be applied to the abdomen when there is pain in that region. Apply a mustard poultice over the pit of the stomach for five minutes. Then remove it and wipe the part with a towel. The patient can suck ice if he is thirsty.

Hot bran, linseed meal, rice flour, may be used as poultice to the abdomen.

During convalescence sago, corn-flour, arrowroot, may be given. During recovery the appetite often increases before the digestive organs recover their normal function. Therefore a moderate quantity of non-irritating, bland food should be given. If this rule is violated relapse may be the consequence. Food should be taken in small quantities, 4 oz., every 2 hours. It must be taken slowly while lukewarm. A flannel belt may be worn. The feet should be kept warm by woollen stockings.

Each patient must find out by experience what suits him best. Vegetables, spices, condiments, must be avoided. Fruit juice can be freely given.

Diabetes

Definition :—Diabetes Mellitus is a nutritional disorder due to pancreatic deficiency, characterised by an excess of sugar in the blood and its excretion in the urine.

Diabetes Insipidus :—This is a variety of diabetes in which there is no sugar in the urine. The patient passes a large quantity of colourless urine. This is not a serious disease.

Symptoms :—Diabetes Mellitus is usually attended by extreme thirst, voracious appetite and progressive emaciation. Some do not suffer from ravenous hunger or intense thirst. The sugar must be permanently present. Then only it is diabetes. A temporary glycosuria is not diabetes. The specific gravity of the urine is very high. The liver does not function properly.

Causes :—Enervation caused by excesses and indulgences of all kinds, protracted worry, overwork, faulty diet, are the predisposing factors. Diabetic patients develop carbuncle.

Treatment :—Sugar and starch must be strictly avoided. The diet must be restricted. Much attention should be given to general measures for improvement of health. The bowels should be kept moved by occasional use of warm water enema. The muscles should be toned by massage and rubbing with oil. Sun bath in the morning is highly beneficial.

The seeds of Jambu fruits are highly valuable in bringing down the quantity of sugar. Thirty grains of the powder can be taken thrice daily.

Diabetes can be perfectly cured by careful dietetic adjustment. If you can live on green vegetables, bread made up of Chana flour (Bengal gram), half a seer of milk without sugar, you will be cured of diabetes. You can add a little barley flour to the Chana flour.

Fast for three or four days. Take cold or warm water only. All sugar will disappear. If you cannot do this, fast once in a week or once in a fortnight every Ekadasi.

When the urine is free from sugar, you can take to normal diet; but give up rice, starch and sugar, potatoes, dried fruits, completely.

You can fast regularly once in a fortnight or on every Sunday. If you find it difficult to have a complete fast, you can take lemon juice, cocoanut water or orange juice. You can use a little honey for sweetening. Regular exercise is very necessary. A walk of three or four miles every day is highly beneficial.

Oats, maize, rice, pastry, bread made from wheat, potatoes, turnips, beetroot, parsnips, carrots, radishes, onions, ripe fruit of all kinds, cauliflower, peas, beans of all kinds, dried fruits, such as dates, figs, raisins, currants, grapes, pears, pine apples, plums all preparations of macaroni, vermicelli, arrowroot, tapioca, sago, rice, dried peas, beans, chestnuts, and all farinaceous foods and all preparations containing sugar,

lemonade, ginger-beer, fruit syrups, much milk, all aerated waters containing sugar, should be avoided.

Bread made from bran, gluten and almond flour, chana-flour, spinach, turnip-tops, green vegetables, cucumber, nuts excepting chestnuts, watercress, green part of lettuce, soya bean, bran biscuits, skimmed milk, can be taken with much advantage.

Dyspepsia

Definition :—Dyspepsia is indigestion. This is a failure of the digestive organs to do their work properly. It is the most common of the diseases to which modern civilised people are subject. Constipation is associated with dyspepsia.

Causes :—Lack of exercise, constipation, improper habits of living, intemperance in eating or drinking, imperfect mastication often due to bad teeth, eating between meals, eating at too frequent intervals, drinking water with every morsel of food, excessive use of tea, coffee or tobacco, eating in a hurry, eating at irregular intervals, mental overwork or worry, neglect of care in choosing foods which suit the individual case, produce dyspepsia. What one person may be able to digest perfectly may disagree with another.

Symptoms :—Acidity gives trouble. The symptoms commence an hour or two after meals and are most marked after the chief meal of the day. There is a sense of weight and burning in the pit of the stomach. There are eructation of sour fluid and flatulence, loss of appetite, sores in the mouth, palpitation, headache,

constipation or diarrhoea, coated tongue, giddiness, nausea and vomiting, colic irritability, pain after eating. Dyspepsia may be temporary and habitual or permanent. The patient cannot digest his normal food. The disease is usually the result of error in food or dietary habits. It is not a primary disease. It is a symptom of other diseases.

Treatment :—Defective teeth should be attended to. Faults of hasty eating, insufficient mastication, over-eating or over-drinking should be corrected. For some, an exclusively, milk diet is beneficial. Highly seasoned or indigestible foods should be avoided. Coffee, tea, tobacco, should be forbidden. Complete rest to the stomach is necessary for some days. The meals should be light.

Abdominal massage is often beneficial. It promotes the action of the bowels and helps digestion. Constipation must be removed.

Papaya fruit is useful. It contains papain. This helps digestion.

You should finish eating and get up while still hungry. Each mouthful should be masticated fifteen times. Regular hours must be fixed for meals. You should not eat anything between meals. Heavy dinner or supper must be avoided. The last meal of the day should be light. Eat slowly. Do not drink water while eating. Drink water after the meal is finished. Do not touch any food which is known to disagree with you.

The digestive juices become too much diluted if you take water along with food. If you take anything

between meals; the stomach has to start the digestion process again when there is still undigested or partly digested food in it. The greedy eater does not look into these matters. He begins to eat anything voraciously when he gets it, at any time. He has neither self-restraint nor strength of will to control his tongue.

Never eat anything between meals. Allow four or five hours to elapse between one meal and the next. If you have no real appetite, fast. Do not take any food. Do not try to push food inside with the help of chutnie and pickles. Do not take tinned foods, unripe or over-ripe fruits.

Have a brisk long walk in the morning and evening. Take regular exercise. Have full fast once in a week. Sometimes, fast for two or three days, but take luke-warm or cold water freely. Live on juicy fruits alone for a week or fortnight. Take warm water enema occasionally. Take cold bath or cold sitz-bath. Never take drugs, choornams or powders.

"Kunjara Kriya" or lavage of the stomach is very beneficial. Uttanapada Asan strengthens the abdominal muscles and tones the stomach. Massage of the stomach is highly useful. Sun-bath is very effective. No great or prolonged exertion, either mental or physical, should be undertaken immediately before or after food.

It is better if the patients give up sweets as these cause acid fermentation. If they find it difficult to resist the temptation they can take them in moderate quantity.

On all points of eating and drinking, a sensible patient will be influenced by his own experience. A dyspeptic will remain always a dyspeptic if he over-loads his stomach, if he eats frequently, if he does not take regular exercise, if he does not give rest to the stomach, if he is not careful in the selection of the article of diet, if he takes his meals at irregular intervals, despite the judicious treatment under an able naturopath.

There is nothing to equal nature cure or natural living. If you observe the above rules strictly with faith, you will have good health, vitality and longevity. Such are the miraculous benefits of Nature cure.

Dyspepsia is a protest of the stomach against continuous ill-treatment. The stomach says, "O Man ! even for half an hour you will not give me rest. You will not give up eating even for half an hour. O cruel man ! You have not realised the sufferings I undergo. It is impossible for me to put up with your ways any longer. Correct yourself." If you fail to hear the appeal of the stomach, you will be a life-long dyspeptic. Dyspepsia is only a curse of the stomach on you. Behave properly. Make friendship with the stomach. It will be your constant faithful companion to help you to attain the goal, the eternal abode of supreme bliss and perennial joy.

Fever

Fever is a state of the body which accompanies a large number of diseases, always marked by a rise in

temperature, a quick pulse, dry tongue, a flushed face, loss of appetite. Fever is an indication of the internal fight that is going on and of nature's attempt to throw off the toxins. It is a reaction of the previously healthy body against the organisms of disease and their products.

Cause :—According to Naturopathy fever is due to retention of toxic waste products in the system.

Fever is of two kinds, *viz.*, simple or ordinary fever and acute specific fever like typhoid, typhus, pneumonia, small-pox, dengue, rheumatism. Fever is a symptom of a disease.

There are three types of fever, *viz.*, continued, remittent and intermittent. When the temperature remains well above normal throughout the illness, it is continued fever. When there is a wide diurnal range, although the temperature remains persistently above normal, it is remittant fever. When the temperature falls to normal or below normal at some period in the course of the twentyfour hours, it is intermittent fever.

A very gradual advent of fever should raise suspicions of typhoid fever. The sudden advent of high fever in a previously healthy person without other symptoms, indicates influenza, small-pox, pneumonia. A fresh rise after the temperature has begun to fall indicates a complication or a relapse. A sudden fall in the course of Typhoid fever may indicate internal bleeding or perforation of the intestinal ulcer.

When the temperature is below 96 degrees, the condition usually amounts to collapse. It is subnormal

temperature. The normal temperature of man is 98·4 degrees Fahrenheit.

All varieties of fever from that attending cold to the most severe fever commence with lassitude, weakness, headache, chillness and pain in the back and limbs. This is followed by heat of the skin, quick pulse, coated or furred tongue, scanty and high coloured urine, thirst, constipation and disorder in the stomach, lessening of the flow of saliva. All the excretions except that of sweat are diminished in quantity.

There are three stages in fever. The first stage is the stage of rigor. There is severe shivering or chill feeling. The second stage is the stage of acme or fastigium. In this stage the highest temperature is reached. The third stage is the stage of decline or defervescence. In this stage the temperature falls by crisis or bysis. When the remission of fever is sudden it is called crisis; when it is gradual it is called bysis.

Treatment :—The bowels must be opened by warm water enema. This itself will reduce the temperature. Sponge the body with tepid or cold water. Do not expose the patient to cold draughts of air. Wet pack is highly beneficial. Sponging and wet pack help the elimination of toxins and waste products, invigorate and soothe the nerves and bring down the temperature. High temperature should be brought down at once by sponging and wet pack.

Fasting is very essential. Even animals give up food when they become sick. Arrogant and self-conceited man alone violates nature's laws. Fasting,

sponging and cold pack, enema, are the routine treatment in all fevers. Plenty of water can be drunk in order to stimulate the kidneys to action and to eliminate the toxins.

Myrobalam is a mild and harmless substance. It can be taken with a little hot water. It will clear the bowels nicely. Enema may be taken as a routine course during fevers. In weak patients the water should be tepid (98° F or normal blood heat).

A No. 10 catheter should be attached to a douche nozzle and introduced fully through the rectum. This will greatly help in removing the accumulated faecal matter.

Diet :—Water, orange juice, lemon juice, can be given freely during the fasting period. If fruit juice is not available, vegetable juice can be given. During convalescence the patient can take grapes, oranges, fresh ripe pulpy fruits. He can take solid food only when he is completely pulled round. He must come to his usual full diet gradually. There must not be any hurry at all.

General :—The patient should strictly carry out the orders of the doctor. Strict attention to hygienic principles is necessary.

Never forget to shake down the thermometer before taking the temperature. Shake down to 97 degrees. The thermometer, even if a 'half-minute' one, must be kept in the mouth for a minute and a half at least, to get an accurate reading. The patient must avoid all exertion, excitement and mental worry.

Gonorrhœa

Definition :—This is the most common venereal disease accompanied by inflammation of the generative organ and urethra or the urinary canal, and a yellow discharge. Gonorrhœa, like syphilis, is a divine curse on the wicked persons.

Cause :—It is caused by a germ named gonococcus according to the western doctors. The disease is transmitted by sexual contact.

Gonorrhœa leads to many complications such as gonorrhœal rheumatism, etc. The infection may reach the eyes and cause acute conjunctivitis, ulceration of the eye and blindness.

Symptoms :—It is a very obstinate and persistent disease. It commences usually from the third to the sixth day after exposure with itching and redness of the opening of the urinary passage. There is a thin white discharge in the beginning. In a couple of days, there is swelling of the organ, severe burning pain while passing urine and a copious discharge of thick yellow fluid. There is painful erection of the organ (chordee). The acute stage lasts about 2 or 3 weeks. The groins, thighs and testicles ache and become tender.

The inflammation may extend to the testicle and orchitis may develop. The bladder may become inflamed. Bubo may form in the groins. Retention of urine may result on account of stricture of urethra or constriction of the urinary canal. The prostate may be enlarged. Rarely persons die as a direct result of gonorrhœa. Women also suffer from gonorrhœa.

Treatment:—Do not feel shy to consult a doctor. Do not, by a sense of false modesty, allow the disease to strike deep root into your system. Do not hide the disease. You will suffer in silence. Seek immediate medical treatment at the first suspicion of infection.

If your hands come into contact with the discharge, wash your hands with an antiseptic lotion. Do not touch your eyes without washing the hands. Your eyes will be seriously affected. Every precaution to avoid spreading of the infection must be taken. All used dressings should be burnt.

The treatment should be persisted on until the disease is quite cured. A gonorrhoeal patient should avoid copulation, as the disease may be transmitted to his partner in life.

Drink freely barley water to flush the urethral canal. Give up alcohol, horse-riding, cycling or motor-cycling.

The bowels should be kept freely open by warm water enema. Pain may be relieved by fomentation or hot hip-bath. In all cases absolute rest in bed is essential.

The parts should be well-supported and allowed to hang down. Urethra is nature's syringe. Drink plenty of water and pass urine as often as possible. The discharge should be soaked up with absorbent cotton or lint, changed frequently.

The diet must be low. All alcohol, special foods, coffee and tea should be avoided.

The only sure and safe way of treating gonorrhoea is by fasting, which does a thorough internal cleansing. Fast for two weeks. Take fruit juice.

Influenza

Definition:—This is an epidemic form of catarrhal fever. It first appeared in Italy in the early sixteenth century and spread quickly to England where it was first recorded in 1510. It is known by the name 'Flu' or 'Spanish Flu'.

The whole respiratory passage is lined inside with a delicate mucous membrane. The membrane gets swollen by inflammation and there is abundant flow of mucus.

The infection spreads rapidly. In 1918 Influenza did much havoc throughout the world. There was a world epidemic. The infection spreads from the nose to the throat and larynx, and travels down to the trachea or wind pipe to bronchia and lungs.

Cause:—According to allopathy it is an acute specific disease caused by a germ which is known as the Bacillus Influenzoe or pfeiffer's bacillus. The disease attacks the throat, chest and nose. Catarrh leads to Influenza. Catarrh is an inflammation.

The Naturopath says:—Man lives an unnatural life. He overloads his stomach. He eats anything and everything. He is irregular in his meals. He takes a lot of sweetmeats, condiments, pickles, salt, chillies. His diet is unwholesome, faulty and unbalanced. He takes refined cereals, refined sugar, tinned food, lot of starch, excess of protein, too much meat. He drinks hard. He lives in ill-ventilated and stuffy rooms. He does not take exercise regularly. He overclothes himself. He never exposes the body.

to sun light. He keeps late hours. He is immoderate in eating, drinking and other things. He takes wrong food. There is always error in his diet. He never attends to his personal hygiene. He leads an unregulated and indisciplined life. Therefore his system is charged with toxic morbid waste matter. His body is full of filth and dirt, urea, acric acid and other obnoxious things. His alimentary canal is clogged with waste products and morbid deposits. He has a broken-down constitution and a lowered vitality. He is pulled down by worries, overwork and excesses of all kinds.

So he falls a victim to Influenza and various kinds of diseases. He has no strong power of resistance against the invading foes—the disease causing or pathogenic germs. The germs breed and do havoc only in the system of a man who has accumulation of filth in his system. If he is perfectly clean within, if there is no accumulation of morbid waste material in his system, no germ can dwell in his system to multiply and become active.

A weak state of health, overcrowded and insanitary surroundings are predisposing causes.

Symptoms :—Influenza is characterised by fever, by symptoms affecting mainly the respiratory, digestive and nervous systems and prolonged considerable frustration. The onset is sudden. The temperature goes up in the course of a few hours to 102 and 104 degrees. There is severe headache, shivering, back-ache, pain in the bones and marked weakness. Coryza and catarrh of

the upper air-passages are present. There is sore-throat, sneezing, redness and watering of the eyes, running from the nose, tightness of the chest, nausea. In mild cases convalescence sets in a few days, but prostration persists for a long time. The severe pain in the limbs are very typical.

There is no broad distinction between a bad cold and an ordinary attack of Influenza. There is always danger of inflammation of the lungs (Pneumonia). The duration of the disease may be from four to ten days. The convalescence is prolonged.

Influenza is divided into three classes, viz., Respiratory influenza, Gastro-intestinal influenza and nervous influenza.

Treatment :—During the attack and for a week after the temperature has become normal, the patient should rest in bed. This minimises relapse and complication.

Aim at elimination of the toxic waste products. Cover yourself with blankets and have profuse perspiration.

Keep the bowels open by warm water enema. Take no food. Fast. Keep the fast for some days. Take fruit juice and cleanse the system. Take plain and simple food during convalescence.

Tepid or cold sponging and cold-pack are useful. Hot water bottles to the abdomen are beneficial and comforting.

Honey and lemon juice, barley water, can be taken with much advantage.

Camphorated oil (camphor dissolved in mustard oil) can be rubbed into the back and chest.

Early treatment is important in order to avoid any dangerous complications. It is most important even in the mildest case that the patient goes to bed.

Plenty of fruit juice can be given. Glucose also is useful. Two ounces can be given daily.

A little precaution during a mild attack will prevent serious complications and developments. Drop oil of Eucalyptus in cotton wool or handkerchief and inhale frequently.

Acquire great power of resistance by health-building. Make your system immune to the germs. Those who take regular cold bath, who practise Pranayama and deep breathing exercises, who spend their time in open air and sunshine in healthy surroundings, will never get Influenza. Even if they succumb they will get over the disease very quickly.

Garlic is very useful. Sun-bath should be taken every morning.

The affected person should wear a mask to avoid infecting others.

Treatment for Itches

1. Have sun-bath in the morning and evening for some time, 10, 15 or 30 minutes.
2. Take a castor oil purgative.
3. Give up salt, chillies, tamarind, for a week or 10 days.
4. Take the juice of 2 lemon fruit (*Nimbu*) in water with honey as the first thing in the morning.

5. Take tomatoe and orange juice also, in the noon or afternoon.
6. Take cold bath.
7. Fast completely on Sunday, taking nothing except fresh lemon juice.
8. Live on milk and fruits for 10 days.
9. Dip the hands and feet in neem-bath for 10 or 15 minutes. Boil 10 or 12 lbs. of neem leaves in water. Strain. Bathe the affected parts with this neem water. Neem is an antiseptic.

Malaria

Malaria is a non-contagious fever, occurring in paroxysms with complete intermissions due to a malarial parasite, 'Plasmodium Malariae', introduced by the bite of a mosquito. This is according to the Allopath. The Naturopath says that the parasite can develop only if the system is clogged with toxic waste matter. If there is no toxic waste matter, there will be no malaria. It is also known by the name 'Ague'. Malaria is not a fatal disease. Death usually takes place from complications. Warmth, abundant vegetation, stagnant surface water, low-lying and marshy districts, favour its development. It is spread by the bites of mosquitoes of the genus 'Anopheles'. The parasite completes the sexual part of its life in the body of the mosquito. The female species of the anopheles only, inject the malarial poison into the blood.

As a rule, the fever comes on suddenly without warning. A typical paroxysm has three characteristic stages. First there is the cold stage. The patient gets violent shivering or rigor. He feels cold. The teeth chatter. Though blankets may be heaped on him, still he feels cold. Often there is vomiting. This stage lasts from one quarter to two hours or so. This is followed by the hot stage in which the temperature rises to 103 to 106 degrees. It is attended by intense headache, pain in the back and elsewhere. The skin is hot, red and burning. Vomiting increases. There may be violent delirium. This stage lasts from one to four or many hours. The urine is scanty and high coloured. This is followed by the sweating stage in which there is profuse perspiration. It lasts one or two hours. The temperature falls gradually to normal. This stage lasts from two to four hours. The patient remains anaemic or bloodless as the parasites destroy the red blood corpuscles or cells.

The paroxysm may recur daily (quotidian malarial fever) or every second day (tertian fever) or third day (quartan fever). In quotidian fever, there is a double infection of tertian or quartan fever. The severe type of malaria is known by the name pernicious malaria. Great weakness and anaemia are common results of the disease. The spleen gets enlarged in malarial fever—(Ague cake)..

Treatment:—In order to get rid of the breeding of the mosquitoes, marshy tracts, swamps and roads must be drained. Cisterns and wells must be screened. Kerosene oil should be poured in all

stagnant pools. Oil of cassia and citron should be rubbed on exposed parts of the body ; then mosquitoes will not bite. The bowels should be kept open by warm water enema. The use of mosquito nets will give protection against malaria. Wire netting for rooms and houses is very good.

Care of the general health should be taken continuously. Exposure to violent changes of temperature must be avoided. Water from shallow wells or from wells in which leaves or other decaying matter have fallen should not be drunk. If you are forced to drink such water, it must be filtered and boiled.

Plant Eucalyptus trees in front of your houses. Take care that the locality is well-drained.

If you do not undergo proper treatment at once, the parasites slowly suck all your blood. The fever produces weakness and destroys all power of resistance. The spleen and liver get enlarged because they overwork during fever. In the course of two weeks millions of parasites invade the blood cells. You can just imagine how much destructive work and mischief are done by these parasites. They are only a few in the beginning, but multiply rapidly in countless numbers. As countless bloodless cells are destroyed, anaemia or bloodlessness results.

Tepid or cold sponging, cold pack, must be done to reduce temperature. Sun-bath in the morning is highly beneficial. It gives great power of resistance.

Live wisely. Cultivate clean habits. Attend to personal hygiene. Eat moderately. Take regular exercise. Fast and have thorough internal cleansing.

Take lemon and honey, orange juice grape juice, pomegranate juice. Practise right conduct. Have a clear conscience. Lead a Divine life. You will have no malaria even if you live in a dreadful malarial district.

Take tulsi tea, brewed from a few tulsi leaves fresh or dried, a little black pepper, a little dried ginger powder and sugar-candy or sugar. It will prevent and cure malaria. Fresh leaves are preferable if available. Black pepper and tulsi leaves are divine cinchona or quinine without any harmful effects. This celestial mixture costs you very little and benefits you much.

Piles

Definition :—The other name for piles is Haemorrhoids. Piles is swelling inside or around the margin of the anus which is the terminal opening of the alimentary canal. This is the result of a varicose state of blood vessels.

Cause :—Disease of the liver and the heart and chronic constipation produce piles. The accumulated faecal matter presses on the veins and causes these swellings. If there is an obstruction or congestion in any of the organs placed above, stagnation of blood takes place in the rectum and the anus. This leads to the development of piles. Habitual constipation is undoubtedly the most common cause of piles.

Piles may be internal or external, or partly internal and partly external. If it bleeds, it will cause general weakness from loss of blood and bring a

great deal of suffering. The condition is common in men and women who lead sedentary lives with deficient exercise, who sit for many hours on chairs. The constant taking of strong purgatives is a common cause for piles. Too much horse-riding also causes piles.

Internal piles is discovered on examination of the rectum by the fingers.

Symptoms :—The piles is of the size of a pea, or a little bigger. The bleeding takes place during defaecation. Streaks of blood occur in the stools. Sometimes, as much as five ounces of blood may pass at one time. There is intense pain while answering calls of nature. Lassitude, and anaemia or bloodlessness, are caused by loss of blood. Alcohol in any form aggravates the condition.

Treatment :—Keep the piles scrupulously clean. Give up alcohol, malt-liquors, sugar, rich food, pickles, spices, condiments, chutnies, chillies. Keep the bowels open by warm water enema. Be regular in your exercise. Build up your health.

The diet should contain large quantities of fruits, green vegetable and butter. Take a diet which is laxative. Omit that food which is constipating. You can take stewed fruit. Make a habit of going to the latrine at a fixed time each day whether there be any desire felt for action or not.

Take alternate hot and cold sitz-bath. Do not be afraid if there is a moderate amount of bleeding. This is nature's way of emptying a loaded pile.

Prolapsed piles must be replaced at once. Inflamed piles are very painful and are best treated by warm

hip-baths, warm fomentations. Even when not inflamed, external piles cause a good deal of discomfort and itching, and when inflamed and swollen, compel the patient to lie down. After answering calls of nature, the parts should be well-washed and cleansed. Sponge the protruding piles with cold water after defaecation, and press them gently back into the rectum.

Myrobalam (*Harad, Haritakie*) causes soft stools. It is mild. It does not produce evil effects by habitual use.

Application of alum water—60 grams per five ounces—will stop bleeding. Soak a piece of clean cloth or cotton wool in the solution and apply it to the part.

Do not strain when you pass stools.

Cold water compress is soothing.

Inject with a fine glass syringe two teaspoonsful of lemon-juice into the rectum for 2 or 3 days or a week if necessary. The juice heals the ulcers and causes contraction of the piles. It effects a cure quickly. You can add equal parts of olive oil. Lubricate the nozzle of the syringe with vaseline or castor oil or any oil. Add the juice of a lemon in a pint of cold water and inject this into the rectum when the piles are irritating. Let it remain there for ten minutes.

Pneumonia

Definition :—Pneumonia is inflammation of the lungs. It is a serious acute disease. Single pneumonia is the popular name for the condition when only one lung is

affected. When the inflammation has attacked both lungs, it is called double pneumonia.

Causes :—Common exciting causes are draughts, intemperance, exposure to inclement weather or irritating gases. According to Allopathy the disease is caused by a germ called pneumococcus. Dust in the air gets into the nose, throat and lungs and causes inflammation. Pneumococcus is in the mouth of healthy persons also. Mere presence of the germ does not matter. When the respiratory system loses its resisting power, when the vitality of the man is at a low ebb, the germs assert themselves and produce harm and mischief.

Symptoms :—There is abrupt onset of fever. The patient complains of pain in the chest or side. There is shivering and cough. The fever runs a definite course and terminates suddenly by crisis about the seventh or eighth day.

The face becomes flushed. The breathing is very quick accompanied with pain. There is a hard short cough. The matter expectorated is brownish in colour. It is sometimes tinged with blood. The patient complains of headache, backache. The temperature rises to 103-104° F. and remains at this point for about a week. Herpes appears near the mouth. There may be delirium. The whole illness lasts about two or three weeks. In this disease there is threatening heart-failure at any moment. The usual cause of death is heart failure. The resisting power of the respiratory system can save persons from attacks of various diseases of the respiratory system. The normal

breathing is 18 per minute. It may go upto 60 per minute in pneumonia.

Treatment:—The patient's strength should be maintained. This is most important. Rest in bed and good nursing are very essential. Fresh air is very necessary. The patient should be kept in a well-ventilated room. He should be kept thoroughly warm by blankets and hot water bottles to the feet and the sides.

The shoulders should be raised high by pillows. There will be no difficulty in breathing in this posture. High temperature should be brought down by wet pack or cold or tepid sponging. When the fever is high, sponge the head and body with warm water. Cold packs can be applied to the trunk and frequently repeated. This is useful in relieving pain and fever.

The patient should not be allowed to sit up. The bed pan should be used. The bowels should be kept open by warm water enema.

The pain on coughing, causes much distress and suffering. Therefore, the patient tries to suppress the cough. The pain in the chest may be relieved by hot linseed poultice fomentation. A large, hot linseed-meal poultice or spongio-piline moistened with hot water should be applied to the chest. Oil of cloves or cinnamon or turpentine oil or camphor dissolved in any oil, can be mixed with the poultice. Thirty drops of oil can be mixed with one pound of poultice. Camphor dissolved in mustard oil can be applied gently to the chest.

The nose and the mouth should be kept clean. This will keep the respiratory system healthy. The sleeping

rooms must be well ventilated and free from contamination. Deep breathing exercise and Pranayama, strengthen the resisting power of the respiratory system.

The Sun is the source of energy. It is a great steriliser and life-giver. Proper place should be given to the Sun-treatment in the hygienic care of the respiratory organs. The Pneumococcus germ dies in an hour when it is exposed to sunlight.

The diet should be fluid. Milk, whey or barley water, fruit juice, may be given for the first few days. Glucose is very useful. Overloading of the stomach should be avoided. Plenty of barley or plain water can be given. Garlic juice should be given daily. It relieves pain and purifies the system.

Convalescence always takes three weeks. Great care should be taken as there is danger of a relapse.

Fasting, cold or hot sponging, fruit juice, warm water enema are all useful in any kind of fever.

Rheumatism

Rheumatism is divided into two classes, viz., Acute Rheumatism—a high form of fever due to the entrance of a germ into the body through the tonsils according to Allopathy—and Chronic rheumatism, which is a condition more or less always present with the sufferer. If the muscles are affected, it is muscular rheumatism.

Causes :—Owing to errors in diet a large quantity of uric acid is stored up in the joints and bony structures. This is the starting point for the development of rheumatism.

Definition :—Acute rheumatism or rheumatic fever is an acute fever with wandering painful swellings of the joints and a marked tendency to disease of the heart and relapse. It is a disease especially of childhood. The poison of rheumatic fever affects not only the joints but also all the muscular tissues. It attacks several joints, usually the larger ones—namely, the knees, ankles, shoulders. The disease is attended with marked anaemia or bloodlessness. It affects young adults also.

Symptoms :—The rheumatic pain begins in one of the larger joints—usually the knees, wrists or ankles. The joints are stiff, red, hot, swollen and intensely painful. The inflammation rapidly subsides in one joint and manifests in another. The inflammation is of a fleeting and flitting character. There is no suppuration or formation of pus in the joints.

The temperature ranges between 101 and 103°. There is marked sweating with a sour disagreeable odour. One attack predisposes to future attacks.

Treatment of Acute Rheumatism :—The patient should remain in bed for at least three weeks even if fever comes down, because valvular disease of the heart and other dangerous conditions may supervene. The patient should wear flannel garments. The joints may be loosely wrapped in cotton-wool. Sponge the body with tepid water. The patient should not make sudden movements. If proper precautions are taken the heart may altogether escape infection.

Bran poultice is very useful and soothing. Entire fast for 2 or 3 days is of much value. The patient can drink plenty of hot water. Afterwards he can take fruit juice.

Hot fomentations to the joints are highly useful. Massage or Osteopathy will be found to be of great service after the acute stage is over. Regular exercise is of paramount importance.

The bowels should be regulated carefully by warm water enema. Sugar, rice, potatoes and starch, must be avoided.

The general health must be improved. Exposure to cold or damp must be avoided. The diet is as that for fever. It should be fluid. Milk diluted with barley water may be given. In convalescence the diet may be ample.

The affected joints should be massaged with camphorated oil. After massage these should be bandaged with cotton-wool.

Garlic may be taken daily for some time. It will relieve pain and will act as a purifying agent.

Wet-pack can be given when the temperature is high. When the wet-pack treatment is over, the patient should be made dry and put on bed and covered with blankets.

Treatment of Chronic Rheumatism :—In chronic rheumatism the general health should be attended to. The cure of chronic rheumatism is very slow. Chronic rheumatism is rarely a sequence of acute rheumatism. The joints should be exposed to the morning Sun-rays.

Chronic rheumatism is most frequent in elderly persons, particularly in such classes as are exposed to the vicissitudes of the weather and ill-fed. When it attacks the bones in the joints, it is termed Rheumatoid Arthritis. When it attacks the muscles, it is termed muscular rheumatism. In chronic rheumatism generally there is neither fever nor perspiration.

Lumbago is a form of muscular rheumatism. Sciatica is frequently combined with muscular rheumatism. Stiff neck is also muscular rheumatism.

Hip-baths, steam-baths, and Sun-baths are highly useful in chronic rheumatism. The patient should fast. Vegetable soup, raw milk, fruits, are beneficial.

Small Pox

This is known by the name Variola (Periyammai in Tamil). This is an acute, infectious disease characterised by rashes which usually appears on the third day of the attack and runs through four stages, viz., popular vesicular, pustular and drying up or scabbing. This is highly contagious eruptive fever.

Small-pox is the severest of all infective eruptive fevers. It is an air-borne disease. Air carries the infection. The infection may spread by direct contact through carriers. Direct contact does not mean direct touch. Living in the midst of patients is direct contact. One attack generally makes the patient immune for several years. The eyes get easily affected.

Symptoms :—There is a sudden advent of high fever 101 to 104° F. with severe headache and pain in the back. There is shivering, headache and vomiting. In children there may be convulsions.

The specific rash first appears on the face, forehead and scalp on the third day of the fever. Afterwards it appears on the back of the wrists, then on the trunk and arms, and lastly on the legs. In severe cases the eruption appears in the nose, eyes, tongue, mouth, throat. The fever drops considerably on the third day. The secondary, suppurative fever develops about the seventh or the eighth day, when the spots become pustular. This secondary fever lasts six or eight days. The eruptions come out in one crop. Each vesicle becomes pustular on the sixth or seventh day. There is a depressed centre in the pustule (umbilication). These pustules gradually dry into scabs, which separate about the fifteenth to the twentieth day. The temperature falls gradually.

Varieties :—1. Modified small-pox. 2. Variola Minor. 3. Variola Major. (a) discrete type in which the pocks are few and less closely set. (b) confluent type in which the pocks run into one another. The patient is in a condition of danger especially on the third and ninth days. Death may take place after the ninth day.

Treatment :—The patient should be isolated and treated in a separate room. Perfect care of the patient is necessary during acute illness and throughout convalescence. Fanning the skin with fresh neem leaves is highly useful. Neem leaves

act as an antiseptic and germicide. Windows may be covered with red curtains to exclude the ultraviolet rays. Red paper may be pasted over windows. Cold moist applications are beneficial. Later on keep the crusts soft by daily oiling.

The room should be kept well ventilated. Treatment should be as in the case of ordinary fevers. If the temperature is high it should be brought down by wet pack. The patient can be sponged. Bowels should be kept moving by warm water enema. The eyes should be washed with boric lotion. Cold compress can be applied to the eyes if there is ulcer. During suppurative stage neem water is beneficial. Water in which neem leaves are boiled should be used for washing, sponging and cleaning. Plenty of water may be given to drink. Hot compress gives relief when the eruptions and pustules are painful. The mouth should be kept clean by frequent gargling. The ears, eyes and nose should be kept clean.

No solid food should be given. Cold water with a little lime juice, cocoanut water, may be given. Sweet curd, butter-milk, milk can be given after the fever has subsided.

Disinfection of the clothes used by the patient is very necessary. The clothes must be kept in boiling water to which some disinfectant is added. Sulphur fume is a good disinfectant for rooms and clothing.

A mask smeared with vaseline and furnished with holes for eyes, nose and mouth should be worn by those who serve the patients.

Syphilis

Diseases of the sex are not indeed pleasant topics to talk or write about. But many suffer in silence. Even educated people are quite ignorant of the history and nature of this disease. They lose control when they are under the excitement of passion and do wrong actions which bring untold sufferings unto them. Later on they repent. The importance of sex-diseases is sufficient justification for plain speaking. Syphilis is a divine curse on the wicked persons.

Causes :—According to allopathic medical science, syphilis is a specific, highly infective venereal disease, of slow evolution and long duration, due to the Spirochoete pallida. It is transmitted by inoculation, whether in sexual intercourse or otherwise (acquired syphilis), or inheritance (congenital syphilis).

This is a constitutional disease. It starts as a superficial ulcer (chancre) at the seat of inoculation, runs a prolonged and indefinite course. It is liable to break out anew during the whole lifetime of the patient, without fresh infection, even after many years of quiescence. Soft sore or soft chancre is not syphilitic. The sores are many. The bubo suppurates or breaks.

A young boy was infected on the lip by an apple. The fruit seller was found to be suffering from syphilitic infection of the mouth. He was in the habit of spitting on the apples and then polishing them.

Symptoms :—There are three stages in acquired syphilis. (1) Primary sore (hard chancre), (2) Secondary stage, (3) Tertiary stage.

At the site of inoculation, a hard non-suppurating chancre appears. It is usually single. It occurs on the prepuce or foreskin or glans penis. It is like a button. The lymphatic glands in the groin become enlarged or hardened. A bubo develops. This does not suppurate.

The secondary symptoms appear about three weeks after the first appearance of the chancre. Eruptions manifest on the body. They are circular and symmetrical.

In the Tertiary stage the bones are affected.

Treatment :—Treatment should be begun the moment the diagnosis is made. Avoid alcohol and stimulating foods.

Syphilis is easily and completely curable by natural methods of living and treatment. The cure of all chronic conditions requires more patience and perseverance than the cure of acute conditions. The cure lies in fasting. Fast for two weeks. Take warm water enema daily. Drink plenty of water. Take orange juice. Take regular sun-baths, hip-baths and systematic exercise. Live a perfectly pure life, observe purity in thought, personal habits and diet. You will become entirely free from all infection.

Typhoid Fever

Definition :—This is known by the name Enteric fever. This is an acute, specific infectious fever of about three or four weeks' duration. It has distinct characteristics. There is a tendency to diarrhoea and

the typhoid state (Sannipad in Sanskrit, Janni in Tamil). This is often attended by successive crops of rose coloured spots or rashes on the body on the seventh or eighth day.

Causes :—The poison is conveyed by contaminated water or ice, milk, uncooked vegetables grown on infected soil, food contaminated by flies, shell fish grown on river beds polluted by sewage, direct contact with the stools of patients, the soiled linen (of patients) in the public laundries, stools or urine and typhoid carriers. Contamination of the soil through infective drains or cess pools may lead to the infection of the water supply.

Symptoms :—The onset is insidious. The most important early symptom is intense headache. In the beginning there may be lassitude, a feeling of uneasiness, constipation, a tired feeling, loss of appetite, nausea, epistaxis or bleeding from the nose, cough, slight abdominal pain, disturbed nights, looseness of the bowels. The tongue is coated. There is pain all over the body. There is gurgling and tenderness in the abdomen.

The disease is very frequently met with in these days. Certain small glands in the small or the large intestines, such as Peyer's patches and the solitary glands in the large bowel, get inflamed. Many symptoms arise from this inflammation of the intestinal glands.

Allopaths say that this disease is caused by a specific germ, the typhoid bacillus of Eberth, which enters the body through the medium of contaminated

food and water. Naturopaths hold that this disease is caused by the accumulation of toxic waste and other putrefactive material in the bowels. They maintain that the bacillus or microbe thrives on this decomposing matter and that it is quite harmless in the absence of such matter.

The temperature rises at noon during the first week. There is graduated temperature—definitely higher—rising by a degree or so daily. The temperature looks like the ascending steps of a ladder or staircase in the chart. Hence it is called 'step ladder' temperature.

It takes one or two weeks for the disease to develop. Doctors find it difficult to diagnose the disease at once. They often mistake it for malaria, and go on injecting quinine *ad infinitum*. Many precious days are often spent by the doctors in waiting to see if the disease really is typhoid. In this waiting period, many cases have been lost or intense harm is done to the patient. The disease is allowed to strike deep root, and the patient becomes weak and enters the typhoid state.

In a malarial place any fever is at first taken for malaria. A case may turn out to be one of typhoid after days of malaria treatment. If it is not possible to diagnose definitely a case as malarial, any case of simple fever should be treated as a case of prospective typhoid. Nothing wrong can happen by such treatment. On the contrary a good deal may be gained.

The fever runs a prolonged course of twentyone days and ends by bysis or gradual fall. The spleen also gets enlarged.

The highest rise of temperature is in the afternoon with morning remissions. In the second week the fever reaches its highest point. This is continued with slight morning remission. Death may take place at the end of the second week from toxæmia or perforation of the bowel or severe bleeding from the bowels. During the fourth week improvement takes place. The temperature gradually becomes normal.

This is a serious disease on account of its numerous complications, prolonged course and its exhausting nature.

Treatment:—Absolute rest in bed is of the highest importance. Even slight movement does positive harm to the ulcerated portion of the bowels. Typhoid patients should not be taken in a car or any vehicle as any jerk may prove fatal. The strength of the patient must be maintained. The patient should not be allowed to raise himself when the bed sheet is changed. He should not be on his back. He should be turned carefully on either side alternately.

The stools of the patient must be burnt. All linen must be steeped in lysol lotion for several hours and then boiled. All utensils used by the patient must be disinfected.

Cold or tepid sponging is highly beneficial. The bowels must be regulated by warm enema on alternate days

Bed sores may be prevented by careful nursing. Rubbing the parts with spirit will prevent the formation of bed sores. This will harden the skin. Soft pillows should be used to remove pressure from bones.

Diet is also of primary importance. Whey or butter-milk may be given. No solids should be taken until at least two weeks after the temperature comes to normal. If any solid food is taken earlier, the thin walls of the bowels may get perforated and the patient may die suddenly.

Glucose, barley water and juice of mossumbi, oranges, are the only food for the patient. Glucose may be given with orange or lemon juice.

Milk is not good. It forms clots and produce irritation in the bowels. Tender cocoanut water is highly beneficial.

There is the risk of relapse. Therefore, great care must be taken in nursing and feeding the patient.

Sunlight Cure for Eyes

Adorations to the Sun-God, Lord Suryanarayana, the visible God, the God of the eyes, the eye-of the Virat Purusha and the bestower of energy and vitality

The Sun is the fountain source of energy, power and vitality. The Sun is the presiding deity of the eyes. There is a Deity or chaitanya or Purusha behind the physical sun. The Sun is the eye of the Virat Purusha. If there is no Sun, the whole world will become extinct.

The rays of the Sun act as the best and the quickest germicide. The Sun is the source of primeval divine and spiritual energy in all aspects. The Sun is associated with Gayatri worship. Sunlight improves.

the eye sight and removes all sorts of defects of the eyes.

Bask in the sun. Close your eyes. Slowly move your head for a short time from side to side. Let the Sun shine directly on your closed eye-lids for ten to thirty minutes. Move the eye-balls also in the same direction as of the head.

Now turn the back to the sun or come in the shade. Do not open your eyes. Cover the eyes with the palms of your hands for five or ten minutes. Avoid pressure on the eye-balls. This is palming. Have the sun treatment at 7 a. m. and 5 p. m. Let the exposure of the eyes to the Sun be gradual. When the eyes get accustomed to the light, you can gradually have strong light.

Repeat the twelve names of the Sun God again and again during the treatment. They are : 1. Om Mitraya Namah, 2. Om Ravaye Namah, 3. Om Suryaya Namah, 4. Om Bhanave Namah, 5. Om Khagaya Namah, 6. Om Pushne Namah, 7. Om Hiranyagarbhaya Namah, 8. Om Marichaye Namah, 9. Om Adityaya Namah, 10. Om Savitre Namah, 11. Om Arkaya Namah, 12. Om Bhaskaraya Namah.

Shortsightedness, blindness, ulcers of the eye, corneal opacity, conjunctivitis, Iritis, Glaucoma, weakness of the eye-sight, cataract, hardening and softening of the eye-ball, ophthalmia, blepharites marginalis, night-blindness or nyctlopia and all diseases of the eyes will be cured.

There is worship of the Sun or Surya Upasana also along with practice for the health of the eyes as you

remember His twelve names. You will attain success in life also. You will have beautiful health and long life. All your enemies will take to their heels. Lord Rama killed Ravana through worship of the Sun.

Practise the above method, improve your eye-sight and throw your glasses in the dust bin. Do not go to the oculist. Save the doctor's bills. Spend that money in serving the poor. Thousands have been benefited by this Sun cure.

May Lord Suryanarayana bestow on you good health, long life, vim and vitality. May He give you powerful eye-sight. May He protect your eyes at all times. May He direct you to use the inner eye of wisdom and give rest to these physical eyes which you are using from time immemorial.

The Power of Music

Music is the combination and modulation of sounds. Sound is the effect produced by the vibration of the ether. Sound is the quality or property of Akasatattwa. Music is a play of Saptha Svaras—sa, ri, ga, ma, pa, dha, ni.

Music is an aid in the treatment of diseases. In America doctors are treating patients who are suffering from nervous diseases, through music (musico-therapy). In ancient Egypt music was used in temples in healing diseases of the nervous class. Sages affirm that many diseases can be cured by the melodious sound of a Flute or Violin or Vina or Sarangi. They maintain that music has an extraordinary power over diseases.

Harmonious rhythm caused by sweet music has an attractive property. It draws out diseases. The disease comes out to encounter the music wave. The two blend together and vanish in space. Sweet melody exercises a powerful influence on the mind and the physical nature of every living being. Sound produces image. For every sound there is a particular image. Every sound awakens a corresponding image in invisible spheres. If you sing 'OM NAMASIVAYA', the image of Lord Siva is produced in the invisible sphere. If you sing 'OM NAMO NARAYANAYA', the image of Lord Hari is produced in the invisible sphere. This has been scientifically proved by apparatus and experiments in the West.

Music is Gandharva Vidya. Gandharva Vidya is an Upa Veda. Gandharvas are celebrated songsters of the celestial regions.

One can enter into Bhava Samadhi quite easily through devotional music. Ravana propitiated Lord Siva through his music of Samagana. Thyaga Raja of Southern India, Ram Prasad of Bengal, Queen Mira Bai of Chittor, have attained God-realisation through singing Bhajans. Music produces one-pointedness of mind quickly and produces forgetfulness of the world and the body.

The music must be rhythmical and harmonious. It should be in perfect agreement with tala. The songster should have a sweet voice. It should emanate from the bottom of the heart spontaneously with sweet fervour and devotion. The singer must be a

Brahmachari and a devotee. Then only will it enrapture thrill, inspire and elevate the audience.

There is unfathomable depth, ineffable sweetness and intense charm in music, particularly in divine songs. Have you not felt it when you heard the *Arulpa* of Ramalinga Swami, the Bhajans of Thayumanavar, Thyagaraja and Mira Bai? Their songs at once penetrate the core of your heart.

Songs sung by Bhagavathars for the sake of fees in Gana Sabhas and other places are empty and shallow. They do not touch the heart at all.

Shakespeare says :

"The man that hath no music in himself, ,
Nor is not moved by the concord of sweet sounds
is fit for treason, stratagem and spoils.
The motions of his spirit are dull as night ;
His affections dark as Erebus ;
Let no such man be trusted. Mark the music !"

Aquatic animals come out from the ocean to hear music. Cobras come out from their holes to hear the *Punnaha Varali raga*. Even babies clap their hands, nod their heads, when they hear songs. Such is the power of music.

If the songster sings Megha Raga with full Bhav, there will be a shower of rain at once. The famous Tansen of Gwalior, the songster of great repute, sang Dheepak raga ; there was an intense blaze of light all around.

The music of nature is lulling and comforting. Sit on a block of stone on the banks of the Ganges and

hear the Pranava music of its flow. You will soon go above body-consciousness. Hear the music of the birds just before Sunrise. How elevating it is !

Still more wonderful is the music of the soul, the music of the Anahat sound, which the Yogi hears during concentration and meditation. It takes him to the Supreme abode of eternal bliss, the immaculate seat of perennial joy.

Still more wonderful is the flute of Lord Krishna. The Gopis forgot all about their household affairs when they heard the enchanting music of Sri Krishna on the banks of Jumna and ran towards the Lord. All the cows stood motionless when they heard the captivating music of the flute of the beloved of Radha.

The Sarangi touches the heart. The Vina lulls the Vrittis. The Flute soothes the mind. The Violin thrills the Soul. The Sitar enlivens the Chitta.

Kirtan destroys sins, purifies the heart and brings the kirtanist face to face with God. If any one is suffering from any disease, do kirtan near his bed. He will soon be cured of his disease. Kirtan is the best medicine and tonic when all other systems of medicine have failed to cure a disease. Kirtan will work wonders. Kirtan is the sole refuge and sheet anchor in the treatment of chronic, incurable diseases. Try this unique medicine and realise its benefits.

Epilogue

The foregoing pages have presented you with a fairly detailed account of the intelligent and rational

ways and means of maintaining a sound, disease-free body, gaining health and strength and attaining long life. It will be quite clear to you now that most of the diseases are the result of wrong habits and faulty modes of living. Mother Nature, who has fashioned this wonderful human mechanism, attempts to promptly correct the errors committed by you, and her well-intentioned visits are announced in the shape of various symptoms of sickness. You must wisely take the hint at once and start actively co-operating with Her. Thus the prevention and cure of diseases are to a large extent in your own hands. You should exercise self-restraint. Curb the habitual tendency to indulge in that which is harmful to your system.

Certain particular details of treatment vary in different diseases but the fundamental measures to be adopted are the same in all cases, such as ample rest to the patient, the elimination of the toxic products that burden the system. This is done through both bowels and skin by means of harmless purgatives, baths, massage, and complete rest to the internal organs by abstaining from food. Fasting is the most potent and extremely effective weapon in the armoury of the wise patient. Therefore, remember the important triplet—Resting, Flushing, Fasting. Next, the toning up of the vital power of the system is achieved through three natural agents. They are Nature made tonics, i. e., fruit and vegetable juice, life-giving Sun-rays and the pure, invigorating fresh air. All the above-mentioned six measures form the general structure of treatment. Their common basis is a right, cheerful and

optimistic mental attitude. Your mind heals you more than any other medicine. Mental health acts powerfully in overcoming all illness.

Mind can cure all the physical diseases of the body by its harmonious and healthy Divine thoughts, because all physical diseases have their origin in mental ill-health. Lack of cheerfulness contributes to physical ill-health. If one is always cheerful and entertains good, Divine thoughts, he will not suffer from any disease and he will have perfect health at all times. It is in your power to continue well and young as long as you like.

Firm faith in God and reliance upon your eternal, immortal Antar-Atman will keep the mind in a vigorous, positive state. Know that He is manifest as the pure air, as the energising Sun, as the vitalising elixir in the mellow fruits. Feel His healing power working through every pore of your body, every cell, blood corpuscle and nerve fibre. Try to actually feel how your entire system is responding to the recuperative action of the various methods of treatment employed. Allow the body to freely respond to the action of the natural agents. Put yourself in tune with the Source of all health, power and strength. The Cosmic force for well-being will then infill you. This is the ultimate factor behind all therapeutics, the secret to bear in mind. The doctor cannot impart this vital secret to you. Now you know it. Use it as the back ground for the treatment of your bodily and mental ills.

With your being harmonised with the All-pervading Cosmic Being, with a cheerful optimistic mind and body rejuvenated through sufficient rest, wise choice of diet, Sun-shine, fresh air, exercise and baths, you will easily ward off all diseases, have wonderful strength and vitality and cross this ocean of earthly existence by vigorous spiritual Sadhana. Through His abundant grace and blessings may you attain HEALTH and LONG-LIFE !

CHAPTER XV

Homeopathic Home Doctor

INTRODUCTION

Homeopathic system of treatment is yet another step from gross to subtle form of treating diseases. It offers conclusive proof to us that it is force that cures the diseases of body. As the curative agency is subtle, it is able to act upon the subtle mind, too. Thus, for diseases and abnormalities of the mind, Homeopathy has been found to be of very great use. Homeopathy, therefore, is the nearest approach to Yogopathy. The medicines operate upon the will and ultimately upon the tissues, the function of sensations. Instead of just doing away with the outward manifestation of the disease, the medicine aids the will to annihilate the root cause which is the real disease.

The immediate effect of the medicine often proves to be the aggravation of the disease-symptoms. By and by reaction sets in and this after-effect is soothing and long lasting. When the other systems of medicine ignore this law of action and reaction they produce temporary ameliorative effects which soon die away leaving the patient worse for the treatment.

"*Similia similibus curantur*" is the inviolable law of nature, which Hahnemann rediscovered in the West. In the East this law had already found a place in early Ayurvedic texts. Hahnemann's thesis is that the drug which will produce the symptoms of a particular disease-

in a healthy man will cure that ailment in one suffering from it, health and disease being only contrary states of the same organism.

Homeopathy is God's blessing to the poor who constitute the vast majority of the population of the world, who cannot afford the costly treatment by other systems of Medicine. It is a much safer and surer Pathy than all the others so far known; and thus deserves quick popularisation throughout the world.

Mysterious Homeopathy

"Like things are cured by like"—

Similia similibus curantur.

If belladonna can produce spasm in a healthy person.

It can cure spasm in a diseased person.

This is the doctrine of homeopathy.

Each pill is an atom bomb.

It is very very small like mustard.

Its potency is indescribable.

It is only sugar ; it is palatable.

A homeopath gives a pill once in 7, 15 or 30 days.

There is no drudgery as in the allopathy

Who gives a mixture, a tablet, a powder, an injection
and an ointment:

A homeopath does not diagnose a disease.

He diagnoses the medicine.

He says "This patient is sulphur.

Mr. Ram is Belladonna, Mr. Krishna is Nux Vomica".

There is no disease as constipation in his books.
He is terribly afraid of asafoetida.
The patient should give up asafoetida entirely.
Homeopathy is an enemy of allopathy.
A homeopath gives sulphur 30 to 200 first
To neutralise the effects of allopathic drugs.
Much experience, much study, much memory
Is needed for the practice of homeopathy.
An old, experienced man alone can be a successful
homeopath.

- 'Homeopathy is more difficult than allopathy.
- A homoeopath gives one medicine for pain on the right side.
- Another medicine for pain on the left side,
- One medicine for perspiration on the face,
- Another medicine for perspiration on the body.
- A homeopathic medicine aggravates the disease.
- A homeopath asks the patient such questions, as,
"How is the pain while sitting, during walking,
At night, in the day time,
When you massage, when there is no massage,
When you expose to heat, when you expose to cold ?"
Homeopathy is more useful in chronic diseases.
More efficient and wonderful is Namopathy
Or the science of Japa or reciting Lord's Name.
This is the cure-all or sovereign specific
Glory to Hahnemann, the founder !
Glory to the Lord, the Indweller of all !

General

Homeopathy is a system of drug therapeutics which is based on the law of "similis similibus curantur" (let likes be cured with likes.) It was discovered by Dr. Hahnemann of Germany. He was born at Miessen in Saxony in 1755. By 1790 he was recognised as one of the best Allopathic physicians of his time. He knew many languages and while translating a *Materia Medica*, he was not satisfied with the explanation of the action of cinchona bark in relieving and curing the ague. He took a doze of the bark himself and to his surprise he found it reproduced in himself all the symptoms of an ague. When the paroxysm passed away, he again took another doze and the ague symptoms were again produced. He tried this on many of his friends and found the same results. This led him to try other drugs and all these produced their own symptoms which could be cured by these in a sickness when administered in minimum doses. This revealed to him the law of treating by similars. Today a Homeopath has a *Meteria Medica* which gives him a list of symptoms produced by each drug on a healthy human being. When a patient has to be treated, the homeopath carefully collects the symptoms and finds out the drug—the symptom-chart of which best corresponds to the symptoms of the patient. He administers the minimum dose and cures the patient.

Minimum dose. In a healthy condition of a man, the spiritual and dynamic vital force—the autocracy—

animates the material body and retains all parts of the organism in admirably harmonious operation, both as regards sensations and functions and our reason-gifted mind can be freely employed for its own purpose. In disease also it is the same vital force which animates the body but then the vital force is deranged. In treating the sickness homeopathy aims to correct this derangement in the vital force. The medicines intended for the sickness are not administered in their material form as in the other systems of treatment where the potency of the drug is increased by the quantity of the drug substance in it. In homeopathy this is not the case. Here the drugs are reduced to an atom and the more these are so reduced the more subtle and powerful these become and more deeply these act in the human system. These are considered to be potentised as the substances which are inert in their crude form are developed into powerful drugs. These potencies are the spiritual drugs and are brought nearer to the vital force to correct its derangement in sickness.

Philosophy. All drugs when administered produce a drug disease in the human being. If this drug disease is dissimilar to the disease already existing in the body, it will not cure but will produce its own symptoms in addition to the existing disease and make the sickness complicated ; or suspend the action of the existing disease for some time till its own action is over, and then the existing disease will again return with a greater force. If the drug disease is similar, but it is not stronger than the existing disease, it will not produce any cure. If the drug disease is similar

but stronger than the existing disease, it will take the place of the existing disease and produce some aggravation and turn out the original disease. After some time the drug disease will also be over and the result will be a cure. By administering these remedies direct action is not sought for. If any one has constipation we give a purgative and produce a dissimilar drug disease. It is a direct action. But immediately after the purgative a more severe form of constipation sets in. This is a reaction. Similarly if we put a hand in warm water and then take it out it becomes cooler than the other. This is a reaction. Homeopathy seeks treatment through this reaction. If a man has obstinate constipation with no inclination to stools for days together we give him one potentised subtle dose of opium. It will first have a slight direct action and aggravate the sickness, but a reaction will set in after that and the constipation will be removed.

Preparation of Drugs

The drugs are prepared by mixing the crude substance or juice either in the sugar of milk, distilled water or alcohol according to the nature of the drugs. First preparation is called the mother tincture and is marked "Q".

There are two methods of raising the potencies of drugs. One on the decimal scale and second on the centesimal scale. They are potentised either in sugar of milk or alcohol. The first potency is prepared on

the different scales according to the strength of each drug in the 'Q', but subsequent potencies are generally prepared as under :—

1. *Centecimal Scale (Medicines Prepared in Alcohol)* : Take one drop of the first potency and add 99 drops of alcohol. Shake well for at least 10 times and you get the second potency. Take again one drop of the second potency and add 99 drops of alcohol and you would get the third potency. Develop further potencies in the same way.

2. *Centicimal Scale (Medicines Prepared in Sugar of Milk)* : Take one grain of the powder of first potency and add 99 grains of sugar of milk. Grind it well in a pestle and mortar and you get the second potency. Again take one grain of the second potency and mix it with 99 grains of sugar of milk in the same manner and you would get the third potency. Develop further potencies in the same way.

3. *Decimal Scale* : The method of preparation is the same as in the centecimal scale except that the alcohol or sugar of milk added to one drop or one grain of the back potency is 9 drops or 9 grains instead of 99 as in the centecimal scale.

The medicines prepared on the decimal scale are differentiated from those prepared on the centecimal scale by suffixing the letter "X" to the potency, prefixed under the decimal scale, as :—

Natrum Nur 30 (Centecimal scale)

Natrum Nur 30 X (Decimal scale)

Pills. Take some medicated pills and fill 2/3rd of a bottle. Pour in it fluid of required potentised drug.

sufficient to moisten the pills. Mix and shake well and throw out the surplus liquid, if any. You get the pills of the drug of that potency.

Keep all the medicines in a dry, cool, smell-less and smokeless place, away from sunshine. Keep the bottles well corked and the drugs will retain their medicinal properties longer. Use new phials and corks for each medicine and each potency. Do not use phial and cork of one medicine or one potency for the other.

The medicines may be given either in distilled, filtered, or boiled and cooled water, sugar of milk or in pills. The dose for an adult is one drop if a tincture, one grain if a powder and 2 pills if pills. One half of it should be given to a child and one fourth to a baby.

General Instructions

Patients should be asked generally not to smoke or take anything at least half an hour before or after the medicine. They should rinse their mouth with water before taking the medicine.

Diet

Liquid diet should generally be prescribed in acute cases. Milk and fruit juice are best. In all cases light diet should be allowed. Too much chillies, spices, over-eating, sour things, oils and vegetable ghee should be prohibited.

Repetition of Dozes

Mother tinctures are used very sparingly. The use of potency is mainly a matter of experience, but generally in acute and recent cases, the lower potencies of 1x, 3x, 3, 6 and 30 are used, but in chronic cases and diseases having a seat deep in the body, higher potencies such as 200 (c), 1000 (1m), 10000 (10m) and 100000 (cm) are used.

The medicines are as a rule not repeated till the action of the last dose is exhausted and the symptoms show a tendency to return or further improvement stops.

The results of a drug should be carefully watched and the doze repeated when necessary. Generally the lower potencies up to the 6th are repeated every two hours up to 6 doses a day. Higher potencies up to the 30th are repeated every 4 to 6 hours up to three or four doses a day. 200th potency is repeated once a week ; 1000 or 1M once in a month, 10000 or 10M once in 1½ months and 100000 or CM once in three months. In very fatal cases the lower potencies can be repeated more frequently say from 10-30 minutes.

Selection of Drugs

A complete list of symptoms shown by a patient should be collected. Very special care should be taken not to leave even a very trivial symptom as it may be a guide to the selection of the right remedy. Do not miss to ascertain the conditions and time of

amelioration and aggravation of the symptoms. You should specially collect what are peculiar symptoms in the disease, e. g., in an ague generally you have chill, heat, thirst and sweat. But if there is absolutely no thirst in a patient, this is peculiar. Supposing a patient hears better in a noise or pain in his stomach is better after eating and worst when it is empty, it is a peculiar symptom. These peculiar symptoms are a great help for the correct selection of the drug.

Do not hanker after the name of the disease ; but individualise the case and find out the medicine which has got the highest number or the most peculiar symptoms exhibited in the sick man. The vital force first becomes sick and the results of sickness are exhibited in the body. The physicians should, therefore, attach foremost importance to the symptoms of the mind and general feeling of chill, heat, uneasiness, restlessness, etc., and should place the psychological changes of the body in the second place.

It should be carefully noted that in acute diseases the sickness comes, takes its course and declines or the patient dies quickly, e. g., cholera, small pox, measles, plague, etc., but in chronic diseases the sickness, comes, takes its course, but never declines. This is chronic sickness and is due to one of the three miasmas, viz., Psora (characterised by itches or other cutaneous eruptions on any part of the body), Sycosis (Gonorrhoea a form of which does not decline) and Syphilis (acquired through contacts). Any chronic sickness may not directly manifest any symptoms of these three miasmas, but the poison may be lying in the body in the latent

form and obstructing the case. In these cases a complete history of the patient and his family should be traced and the treatment given according to the underlying miasma traced.

CHAPTER XVI

MATERIA MEDICA

Acid Nitric. Bad effects after abuse of mercury. Syphilis. Sore throat. Fissures in anus. Pain in rectum for hours after stools. Urine strong smelling. Ulcers with irregular edges, bleed easily.

Acid Phos. Nervous or physical debility, after loss of vital fluids, mental fatigue or sexual excesses. Mind listless and apathetic. Urine profuse and watery. Spermatorrhea, impotence, leucorrhea. Diabetes.

Aconite Nap. Useful in almost all diseases that come and rise suddenly. Diseases after exposure to dry cold wind or draughts of air. High fever. Intense nervous restlessness. Great fear of death and anxiety of mind. Threatened heart-failure.

Actea Racemosa. Dysmenorrhea. Pain in back, head, globes of eyes and legs. Aggravation during menses. The more profuse the flow the greater the suffering. Palpitation. Hysteria.

Aesculus Hip. Blind piles. Severed back-ache. Rectum feels as if full of sticks.

Agnus Gastus. Complete impotence in "old sinners" especially after attacks of gonorrhœa. Premature old age.

Aloe S. Morning diarrhoea. Stools escape with the flatus. Discharge of much wind. Stools contain jelly like mucus. Haemorrhoids. Itching and burning in anus.

Alumina. Leucorrhœa, acrid and profuse running down to heart. Constipation. Stools hard and knotty. Even soft stools require straining. Itching, followed by burning.

Anacardium O. Loses memory suddenly. Neurasthenia. Brain fag. Absent-mindedness. Dyspepsia. Pain relieved after after a bath.

Anthracinum. Malignant, gangrenous, septic and sloughing ulcers. Carbuncle. Horribly burning pains. Bad effects of the odour of putrid fevers and foul breath.

Antim Tart Rattling cough. Profuse expectoration of mucous. Pneumonia. Lungs seem to fail. Drowsiness. Coma. Eruptions pustular. Chicken pox.

Apis Mellifica. Oedematous bag like swellings. Dropsy without thirst. Urticaria. Burning, stinging and sore pains. Urine painful, scanty, frequent and bloody. Insect stings.

Arnica Montana. Diseases or pains arising from mechanical injuries, even if received years back. Sore and bruised feeling as if beaten. Everything seems too hard to lie upon.

Arsenicum Album, Generally used in chronic or advanced stages of diseases. Great prostration and

rapid sinking. Restlessness. Great thirst for small quantities of water at short intervals. Burning pains. Gastric derangements after ice cream or cold drinks. Asthma aggravated at night, must sit up to breathe easily. Intermittent fevers come at fixed intervals, at 2 a.m. or 2 p.m. Dropsy.

Baptisia Tinctoria. Low continued fever. Typhoid. Stupor, falls asleep in the midst of an answer. Offensive diarrhoea. Parts rested upon feel sore and bruised.

Belladonna. Rush of blood to head, face or uterine region. Eyes and face red. Severe headache. Neuralgias. Pains come and go suddenly. Forming abscess very sensitive to touch. Throbbing pains and redness are the characteristic symptoms.

Bryonia A. Pleurisy. Pneumonia. Rheumatic pains and synovitis. Pain in chest on coughing or deep inspiration. Sore throat. Constipation. Stools dry and hard. No desire for stools. Biliousness. Taste bitter. Great thirst. Mammae congested and hard. Milk fever. Nosebleed when menses should appear. Typhoid. Brings out eruptions in eruptive fevers. All symptoms are aggravated by motion and relieved by rest, hard pressure or lying on the painful side.

Calcarea Carb. Used chiefly in fatty glandular swellings, scrofula, tuberculosis, rachitis, curvature of bones, late teething, children learn to stand and walk very late, chronic ophthalmia, cataract. Acidity. Acts good on fat and flabby persons. Coldness of single parts especially feet and legs. Chilly. Profuse sweat especially during sleep on the upper part of the body and particularly on head. Abdomen distended.

Calcarea Phos. Diarrhea of children during teething. Rachitis. Fontanelles and sutures remain open too long. Abdomen drawn in. Builds up wasted tissues after acute illness.

Camphora. First stages of cholera. Sudden and profound prostration. Body cold to touch and yet does not like to be covered. Helps to bring out eruptions in measles. Antidotes nearly all vegetable drugs.

Carbo Veg. Weak digestion. Gas in stomach presses upwards. Bad effects of late suppers, rich food, salts, meat, fish, or fats. Asthma after measles or pertussis. Last stages of diseases with cold sweat, and cold breath, but desires to be constantly fanned.

Caulophyllum. Pains intermittent and spasmodic. Change places. Labour like pains extend from back to the front. Promotes labour pains, helps delivery, and protracted lochia. Dysmenorrhea.

Chamomilla. Pain in the stomach. Diarrhea. Stools green. Peevishness or irritability of children. Wants always to be carried about. Moaning and weeping without any apparent cause. Useful during teething. Convulsions in children especially after a fit of anger in the mother.

Chelidonium Majus. Liver complaints. Jaundice. Pains in the liver or stomach extend to the back. Constant pain under the lower inner angle of the right scapula.

China. Intermittent fever. Fever during day only. Thirst before and during the chill. No thirst during heat but thirst with sweat. Painless diarrhoea especially.

after eating fruits. Debilitating diarrhoea. Weakness after loss of vital fluids especially haemorrhages.

Cina. Worms with canine hunger. Grinding of teeth and picking of nose. Fever with marked variations in temperature.

Colocynthis. Pain in the abdomen relieved by bending double. Other pains relieved by hard pressure. Colic. Sciatica. Neuralgias.

Euphrasia. Ophthalmia. Profuse acrid lachrymation. Bland coryza.

Gelsemium. Giddiness or vertigo. Weak and trembling. Lack of muscular co-ordination or entire motor paralysis. Influenza. Typhoid.

Graphites. Eczema, especially behind the ear. Eruptions moist and fissured, oozing out watery, transparent sticky fluid, which later turn into pus or scabs. Leucorrhea acrid, in gushes day and night. Nails brittle and deform.

Hammamelis. Bleeding from any orifice. Blood darkish. Varicose veins.

Hepar Sulph. Abscesses. Ulcers, pustules, and herpes. Skin sensitive to touch. Prevents formation of pus in the 200 potency, but promotes suppuration and opens the abscess in the 3x potency. Croupy and choking cough. Bad effects of mercury in syphilis.

Hyoscyamus Niger. Lascivious mania. Tears and kicks off clothes and exposes the person. Sings obscene songs. Sleeplessness.

Ignatia. Bad effects of anger and grief. Wants loneliness and weeps in solitude. Neurasthenia. Sleeplessness. Palpitation.

Ipecac. Constant nausea with no relief from vomiting is a characteristic of this remedy. Haemorrhages of bright red blood. Fever at 9 p.m. from irregularities of diet. Cough in small children.

Kali Mur. Second stage of inflammatory diseases. Effects mucous membranes. Eruptions and discharges are white. Apthae coryza, sore throat, aphonia. Ottorrhea, deafness, Cough, Pneumonia, Jaundice and other liver complaints, Leucorrhea, Gonorrhea. Typhoid.

Kali Phos. Tones up nerves and brain. Sleeplessness, Palpitation, Epilepsy, Hysteria, Leucorrhea, Asthma, Offensive diarrhea, Gangrenous states. Pregnancy tonic. Aches during labour in nervous women.

Kreosotum. Menses early and profuse. Flow on lying down but suspends on getting up. Swelling and itching of pudenda. Leucorrhea. Morning sickness. Teeth decay and painful.

Lachesis. Left side of the body principally affected. Diseases go from left to right. Hot flushes during climaxes. Painful portions are sensitive to touch. Boils or ulcers have bluish, purple appearance and have burning pains. Palpitation. All symptoms aggravate during sleep or on waking up in the morning and by hot drinks.

Lycopodium Clavatum. Affects the right side, throat, liver, ovaries, abdomen. Ailments begin on the right side and extend to the left. Abdomen bloated with accumulation of gas. Loud rumbling. Eructations and passing of flatus. Constipation. Impotence. All symptoms aggravated from 4. p.m. to 8 p.m.

Magnesia Phosphorica. Severe, neuralgic, spasmodic, shooting and intermittent pains relieved by hard pressure and hot applications. Dysmenorrhea.

Mercurius Corr. Bloody dysentery, with great tenesmus. Gonorrhea with greenish discharge. Profuse salivation. Ptyalism.

Mercurius Sol. Syphilitic Chancre. Phymosis or paraphymosis. Intolerable itching of the skin. Glandular affections. Ottorrhea with offensive discharge. Pain in the ear extends to the glands of the throat. Bubu. Gum boils. Aphae. Profuse salivation. Foul breath. Symptoms aggravated at night.

Natrum Mur. Chronic intermittent fevers especially after abuse of quinine or arsenic. Fever comes between 9 to 11 a.m. Fever blisters around the lips. Liver or spleen enlarged. Anaemia. Losing flesh while living well. Earthly complexion. Constipation. Headache from sunrise to sunset especially right sided. Lachrymation. Urticaria. Eczema. All discharges are watery. Aggravated by heat.

Natrum Phos. Acidity. Gout. Articular rheumatism. Pains shifting. Diarrhoea. Stools green. Worms.

Natrum Sulph. Intermittant fever during the rainy season or as a result of living in damp places. Biliousness. Liver complaints. Jaundice. Diabetes. Profuse urination without sugar. Asthma especially in young people. Chronic gonorrhea. Gout. Dropsy.

Nux Vomica. Bad effects of over-eating, stimulants, highly spiced foods, sedentary habits, aromatic drugs,

over exertion or night watching. Oversensitive and irritable disposition. Heaviness in stomach. Constipation or diarrhoea. Stools remain unfinished and there is ineffectual urging with great straining. Tenesmus relieved after stools. Alternate constipation and diarrhoea. Catarrh, one nostril stopped. Chilly. Fever at night. Fever only during sleep. Wants to be covered even in hot stage of fever. Gets up in the morning unrefreshed and exhausted. Asthma. Paralysis. Opium. Bad effects of fear and anxiety. Drowsiness. Coma. Stertorous breathing. Delirium. Constipation. No desire for stools for days. Well chosen remedies do not act. Complains of nothing.

Phosphorus. Pneumonia. Constricted feeling in chest. Obstructed breathing. Burning in chest, stomach, and spots along the spine. Phthisis. Rusty sputa. Liver diseases. Diarrhoea. Cough dry. Voice hoarse. Empty. All gone feeling in head, chest or stomach. Desires to take everything very cold.

Pulsatilla. Diarrhoea. Indigestion. Bad effects of eating fats or over ripe fruits. Fever remittant or intermittent. Measles. Earache. Ottorrhea. Rheumatism. Pains shifting from place to place. Amenorrhœa especially at the age of puberty. Dysmenorrhœa. Pain starts sometime before the menses. Discharge of black clots in blood. Blood darkish. Symptoms: ever changing. Mild yielding disposition. Weeps easily. Thirstlessness in nearly all complaints. Better in cool open air. Wants cold drinks.

Rhus Tox. Rheumatism. Backache. Sciatica. Pain aggravated during rest or by cold wash. Muscles.

stiffen. First movement very difficult, but relieved by gentle motion. Low fever. Typhoid. Restlessness. Must change position to obtain relief. Eczema. Crysipelas. Eruptions vesicular.

Sepia. Pelvic organs relaxed. Prolapsus. Must cross the legs to prevent protrusion. Leucorrhea. Menses scanty and irregular. Weakness. Pains extend to back. Great sadness and weeping. Indifferent. Gleet. Discharges thick and greenish. Itching not relieved by scratching. Aggravated by cold wash. Antidotes bad effects of overdrugging of homeopathic attenuations.

Silicea. Diseases arising out of defective nutrition. Caries of bones. Rachitis. Sutures and fontanelles open. Weak and puny children. Heat sweats profusely especially during sleep. Chronic headache, relieved by hard bandage or after sleep. Coryza. Promotes expulsion of foreign bodies. Fistulas. Constipation. Stools partly expelled recede again. Offensive sweat. Ulcers. Abscesses, wounds or glands, suppurating with ichorous discharge. Sinus. Boils slow to open or heal. Scrofula in the suppurating stage.

Sulphur. In all diseases when the best indicated remedies fail to act or cure. Complaints recur again and again or at regular intervals or in the same season of the year. Voluptuous itching. Feels pleasant to scratch. Burning after scratching. Absorbs serous or inflammatory exudates. Boils in crops in different parts of the body or in succession. Piles. Discharges offensive and excoriating. Stools hard knotty and painful.

Diarrhoea driving out of bed early in the morning. Burning in soles of feet, must keep these out of bed. Averse to washing. Standing for some time is very uncomfortable.

Thuja. O. Gonorrhea. Chronic stage. Suppressed gonorrhea. Urethritis. Gonorrhreal rheumatism. Diabetes or ophthalmia. Worts. Condylomatta. Piles. Fistula. Ill effects of vaccination. Teeth decay at roots.

Veratrum Album. Cholera. Profuse vomitting or diarrhea. Rapid sinking. Collapses. Cold perspiration on forehead.

CHAPTER XVII

THERAPEUTIC HINTS

The therapeutics of only a few diseases are given below. The number of drugs mentioned against each and symptoms given there are in no way to be taken as exhaustive. These serve only as guiding hints. In selecting the medicines, therefore, the totality of symptoms exhibited in a patient should be compared with the total number of symptoms in the drug, and if the peculiar and other symptoms agree in both, there is no reason why the drug should not cure. Potencies and the duration of their repetition should similarly be considered as a hint. Lower potency should be given and more frequently repeated if the attack is acute or not deep in the body, but the potency

or duration should be raised when the acuteness is not there or the seat of the disease is deep in the body.

Abortion. (threatened). About the third month with headache, pain in the legs and palpitation. Act. R-3x 2h. In the latter half of the pregnancy Sepia 30 4h. Secale C. 30 4h. If due to injury Arn. 3x 1h. When the pains are intolerable Caul 3x 2h. Vib. O. 3x 4h. Syphilitic Merc Sol 6 2h.

Abscess. Marked redness when forming Bell 3x 2h. To avoid formation of pus one doze of Hep. Sulph 200 should be given. When pus has formed Hep. Sulph 3x 2h. When it is slow to open or heal Sil 6x-12x 2h. Of the mammae to avoid formation Bry 30 4h. Then phyto 1 2h. Externally to reduce pus and promote cure apply Calendule ointment (Cal. Q ldr. to vaseline 1 ounce).

Acidity. Calc c. 30 4h. Natr. Phos 6x 2h. Flatulence and constipation Lyco 30 4h.

Acne. Berb. Acq. Q 8h. Hydrocotyle Q 8h. Sulph 30 occassionally. Rad Bro. 30 once a week.

Ague. In general. Thirst before and during chill, no thirst during heat, and thirst during sweat China 1 2h. After abuse of quinine fever at 9-11 A M. Natr. Mur 6x-12x 2h. Fever in the evening during rainy season or living in a damp place. Thirstlessness Natr. Sulph 6x/12x 2h. After eating fats. No thirst Puls 30 4h. Marked restlessness, great thirst for small quantities of water at short intervals. Malaria; cachexia. Ars. 30 4h. Fever at 9 p.m. after irregularities of diet. Iplex 30 4h. Fever comes during sleep only at night. Chilly, wants to be covered even in hot

-stage of fever. *Nux Vom* 30 4h. When best indicated remedies fail to act. *Sulph* 30 occasionally. To check fever paroxysm a few dozes of the indicated drug of 200th potency should be given during the interval.

Amenorrhoea. In young girls *Puls* 30 4h. In pale subjects *Natr.* *Mur.* 6x 2h. With congestive and inflamed ovaries *Apis* 3x 2h.

Anaemia. In general. *Fer.* *Redact.* gr. iii 8h. When due to loss of vital fluids., haemorrhages or diarrhoea *China* 1 2h. With constipation and earthly complexion *Nat.* *Mur* 6x 4h. To build up the tissues after acute illness *Calc.* *Phos* 6x/12x 2h. Cachetic conditions with great thirst and restlessness *Ars.* 30 4h.

Angina Pectoris. Sudden attack *Acon* 3x 15m. Great palpitation *Ac.* *Hydrocy.* 3 15m. Difficult breathing *Glon* 1 15m. Shooting pains extending to the left arm *Spig.* 30 2h. Other useful drugs are *Cactus G.* 30 and *Bry.* 30.

Anthrax. *Anthraxin* 200 once a week. Burning pains *Ars.* 30 4h.

Aphonia. After coryza caust 30 4h. Over exertion in speech *Arn.* 3x 2h. In fevers *Phos* 30 4h. Chronic *Bary C* 30 4h. Syphilitic *Ac Nitr.* 30 4h.

Apphae. *Borax* 30 4h. In nursing mothers and babies. White ulcers in the mouth. *Kali M.* 6x/12x 2h. Much salivation *Mere c.* 3x 2h. Burning pains *Års* 30 4h. Chronic and inveterate cases *Sulph* 200 one doze.

Apoplexy. After loss of vital fluids *Phos* 30 4h. Due to injuries *Arn* 3x 2h. Redness of face and eyes. *Bell* 3x 2h. *Coma Opium* 6x 1h.

Appendicitis. In general Iris Tenax 3x 2h. With throbbing pain and fever Bell 3x 2h. Sensitiveness to touch. Pain extends to the whole abdomen (right side). Lach 30 4h. Echin. Q gtt. v. 8h. is also useful.

Asthma. During the attack Blatta Q gtt v 2h. During interval Bacc 200 once a week. In Young people Natr. Sulph 200 occasionally. In old people attacks at night. Must get up and gasp for breath. Ars. 30 4h. Dyspepsia Nux. V. 30 3h. Rattling cough. Ant. T. 30 4h. Incessant nausea Ipec. 30 4h. Sulph 30 should be given occasionally.

Backache. Pain relieved by complete rest on the back. Bry. 30 4h. Aggravation during rest or on first motion. Haus Tox. 30 4h. Due to weakness or after continued sitting. Ac. Phos 6 2h. Associated with uterine disorders Act. R. 3x. 2h. Digestive disorders Nux Vom. 30 4h. Overexertion Arn. 3x 2h.

Barbers' Itch. Eruptions pustular. Hep. S 30 4h. Chronic dry itch. Sulph 30 4h or 200 occasionally. Inveterate cases Bacc 200 or Red Brom 30 once a week.

Blindness. Sudden from cold Acon. 3x 2h. Nervous weakness Cals. 30 4h. Digestive disorders or over use of stimulating drinks Nux Vom 30 4h. Empty feelings in the head Phos 30 4h. Syphilitic syphilinum 200. once a week.

Blood Pressure (High). Sudden attack restlessness and anxiety Acon 3x 2h. Vertigo, violent palpitation and difficult breathing Glonoin 3 4h. In rheumatics and gouty people Viscum Alb 3 2h. With suicidal tendency and despondency Aur Met 30 4h. With

over-crowding of thoughts and insomnia Coffea 30 4h.
In old people Bary Mur 3x 6h.

Boils. Crops of boils appear in different parts or successively. Sulph 30 4h. Await result after 6 to 8 doses. Pus condition Hep. S. 30 4h. Ichorous discharge. Rachity subjects Sil 6x 2h. In general. Hydrocotyle Q gtt. v. 6h. Gunpowder 3x gr. vi. 4h. or Echin. Q gtt. v. 4h.

Brain Fog. Kali Phos 6x-12x 2h. Ac. Phos 3x. 4h. Memory weak. Zinc. 30 4h. Memory is suddenly lost Anacard 3 4h. After acute illness Calc. Phos 6x-12x 2h. From overwork Nat. Mur 6x-12x 2h

Bright's Disease. Urine suppressed or obstructed Tareb 3x 1h. Painful urination Apis 3x 1h. Chronic Ars. 30 4h.

Burns. Apply externally Cantharis Q. It will give immediate relief and avoid formation of blisters. Urtica Urens Q is similarly useful.

Calculus. Berberis 1x 2h

Cancer. Carsinos in 200 once a week. Burning Pain Ars. 3 2h.

Carbuncle. Anthrax in 200 once a week. Burning pains Ars. 3 2h. Locally a lotion of Achyranthes Aspera (1 dram of Q to 9 drs. of distilled water) is soothing. Also give Achy. As 1x 2h. Syphilitic Syphlinum 200 once a week and Merc. Sol 6 2h.

Cataract. Cineraria lotion (1 drop to 1 drop of water) externally three times a day. Internally Phos 200 or Calc Carb 200 once a week. Calc F. 6x 2h. Euph 6 2h.

Chicken Pox. Ant T. 30 4h. During convalescence Sulph 30 one powder.

Cholera. Sudden sinking of forces. Weakness disproportionate to the discharges. Cold sweats. Camph Q gtt. v. in sugar $\frac{1}{2}$ to 1h. Incessant nausea Ipec 30 2h. Rice water stools Rici 3x 2h. Profuse vomiting and diarrhoea Verat. A. 12 1h. Severe spasmodic pain in the stomach. Cup Met. 30 2h. Great restlessness, thirst for small quantities of water at short intervals, prostration Ars 3 1h.

Colic. Excruciating pains relieved by bending forward and hard pressure Coloc 3x 1h or Mag Phos 6x 1h. Flatulent colic relieved by bending backwards or standing erect Dios 30 4h. Obstinate constipation Plumb 30 4h. Distended abdomen. Wind pressing upwards Carb. V. 30 4h.

Constipation. Natr. Mur 6x 2h in hot water. Small frequent and unfinished stools Nux V. 30 4h. Stools large and hard as if burnt. Dryness of mouth. Bitter taste. Thirst. Bry. 30 4h. Constipation of bottle fed babies even soft stool is passed with difficulty. Alumins 30 4h. Patient is afraid to sit for stools on account of pain during and after the stools Sulph 30 4h. With bleeding piles Collin 30 4h. No desire for stools for days Opium 5x 2h.

Convulsions. Red face and eyes. Bell 3x 2h. During teething with green watery stools. Cham 30 3h. With cough Cup Met 30 4h.

Cough. After sudden exposure to cold air. Acon 3x 2h. Spasmodic. Startling during sleep Flushed face Bell 3x 2h. Pain in the chest on

coughing Bry 30 4h. Chronic. Voice hoarse. Expectoration of rusty sputa. Tendency to Pneumonia. Phos 30 4h. Choking Hep. S. 30 4h. Expectoration thick and tenacious which can be drawn into long strings. Kali Bich 30 4h. Rattling with profuse expectoration Ant. T. 30 4h. In small children Ipec. 30 4h. Chronic bronchitis Sulph. 30 4h. Involuntary emission of urine on coughing Caust. 30 4h. Indigestion, headache Nux. Vom 30 4h. Coughs which do not yield to other remedies Bacc. 200 once a week.

Dandruff. White scales Ars. 30 4h. or 200 occasionally. Yellow crusts Kali Sulph 6x 2h or 200 once a week.

Diabetes. Profuse urine without sugar Natr. Sulph 200 once a week. Urine milky or watery with great weakness Ac. Phos 6 2h. Excessive sugar Syzygium Jambol Q gtt. x 6h. Dyspepsia and sugar Uran. Nit. 3x 6h. Sugar, thirst nausea and constipation Lactic Ac. ix 12h. Associated with liver complaints Chionanthes gtt. x 6h. Ars. Sulph Nux V are also useful.

Diarrhoea. Painless, watery, containing undigested food. Lintera China 30 4h. Profuse with vomiting. Verat. A. 12 2h. Stools immediately after eating or drinking. Podo. 30 4h. Discharged with much wind. Stools escape while passing wind. Aloë 6 2h. Thin stools containing solid lumps Ant. C. 30 2h. Offensive and profuse Gambogia 30 4h. Prostration, thirst and restlessness. Ars. 30 4h. Only during the day Petr. 30 4h. After eating fats Puls 30 4h. Green stools like choppeï vegetable. Wind. Arg. Nit 30 4h. Natr.

Phos 6x 2h. In children during dentition Calc. Phos. 6x-12x 2h. White stools with distended abdomen Calc. C. 30 4h. When other indicated remedies fail to act. Psor. 200 one powder. Morning diarrhea. Must hurry up to the closet on waking. Sulph 30 4h. Irritable children. Stools green Cham. 30 4h.

Dropsy. With thirst Apocy. C. 30 4h. Especially lower extremities. After fevers. Ars. 30 4h. Bag like swelling below the eyes, hands or feet. No thirst. Apis 3x 4h. Heart troubles Dig. 30 4h.

Dysentry. Excessive blood. Merc. C. 3x 1h. Excessive mucous Kali Mur. 6x-12x 1h. After this Sulph 30 8h. Too much straining at stools tenesmus relieved after stools Nux Vom. 30 Sh.

Dyspepsia. From overeating in persons of sedentary habits. Stomach feels heavy. Nux. V. 30 4h. Empty feeling in the stomach. Eating relieves pain temporarily Anardarium 6 2h. Bad effects of rich foods and late suppers. Flatulence Carb. V. 30 4h. Nervous dyspepsia Ign. 30 4h. Flatulence with constipation. Aggravation from 4 to 8 p.m. Lyco 30 4h. From eating ice cream or cold drinks Ars. 30 4h.

Ear. Pain after exposure to cold. Acon. 3x 2h. Shooting and throbbing pains Bell 3x 2h. Pain with yellow bland discharge Puls 30 4h. In purely neuralgic pains put a few drops of Plantage Q in the ear. It gives immediate relief. White discharge with swelling Kali Mur. 12x 2h. Deafness with offensive discharge Elaps Cor 30 4h. Offensive discharges with swelling extending to the glands Merc. Sol. 6 2h. To reduce discharge of pus Hep 8. 6 2h. Two to three

drops of Mullien Oil put in the ear twice a day is good for deafness, chronic ottorrhea and ear-ache.

Eczema. Vesicular eruptions Rhus Tox 30 4h. Discharge of watery fluid turns into thick pus or scabs. Eczema behind the ears Graph 39 4h. Itching eruptions, head covered with crusts under which pus may collect here and there or there may be serous exudations Mezerum 200 occasionally. About the genitals Croton Tig. 3x 2h. Pustular white eruptions Hep. 8. 6 2h. Dry itching followed by burning aggravated at night or when going to bed or putting off clothes. Sulph 30 8h. After sulphur Sepia 30 4h.

Epistaxes. Millifolsum 30 2h. Ferrum Phos 6x 2h. From injury Arn. 3x 2h. Blood blackish Ham. 1 2h. Vacarious in places of menses when these should appear. Bry. 30 4h.

Erysipelas. Red shining and smooth surface Bell 3x 2h. Vesicular Rhus Tox. 30 4h. Oedematic Apis 3x 2h.

Eyes. (Inflammation or profuse lacrymation Euph 6 2h. (externally a lotion of Euph. Q gtt. to an ounce of distilled water). Granulations, eyes filled with mucous. Arg. Nitr. 30 4h. (externally a lotion of Arg. Nitr. 200 4 drops to an ounce of distilled water). Eyes very red with throbbing pains Bell 3x 2h. Chronic granulations. Eyes agglutinated in the morning. Itching and stinging in the eyes Photophobia. Calc. C. 200 occasionally. Syphilitic Syph. 200 once a week and Merc. S. 6 2h. The following lotion has been found to be very useful in all forms of eye troubles. Powdered alum gr. x and Boric Acid gr. x mixed with 3 drams of rose water.

Gonorrhreal ophthalmia Thuja 30 4h. and Medhorrhin 200 once a week.

Fever. Sudden, high, great restlessness and anxiety Acon 3x 2h. Low continued fever Bapt. 3x 2h. Low fever with restlessness and pain in joints Rhus T. 30 4h. With drowsiness and trembling Gels. 30 4h. High fever Ferr. Phos 6x 2h. Breakbone fever Eup. Perf. 30 4h. After long exposure to rains or damp weather Dulc. 30 4h. Due to worms Cina 30 4h. (See Ague Typhoid and Labour).

Gonorrhoea. Urine scanty, burning, scalding. Last drops very painful. First stage. Canth. 3x 2h. Discharge of blood Bell 3x 2h. When pus begins to discharge Hydrastis 1x 2h. Greenish discharge Natr. Sulph 12 2h. Thick yellow discharge Thuja 30 4h. In females Copalba 30 4h. Discharge milky Petrose-limum. A doze of Medhorrin 200 once a week should be given with other remedies.

Gout. Urtica Urens Q. 5 drops in hot water thrice a day. Natr. Sulph 200 once a week. If there is swelling with stinging pains Ledum 6 2h. or 200 once a week. Sycotic. Medhorrin 200 once a week.

Gum Boil. Merc. Sol 6 2h. After this Sulph 30 one powder.

Haematuria. Ham. 1 2h.

Haemopyrosis. Acyl. I. 1x 8 is very good. Other remedies are Ferrus Phos 6x Ipec. 30 Phos 30 and Mill. 30.

Haemorrhoids. A doze of Sulph 30 in the morning and Nux Vom 30 in the evening helps in most of the cases. Bleeding Calc. Flour 6x-12x 2h. Bleeding with obstinate constipation Collin 30 4h. Blind piles with

sharp shooting pains in anus or rectum Aesculus Hip 3x 2h. With diarrhoea, Stools escape with the wind. Aloes 6 2h. Burning pains Ars. 30 4h. Discharge of blackish blood Ham 1 2h.

Headache. Congestive, due to cold Acon 3x 4h. Agonising and throbbing pains Bell 3x 1h. Occipital or due to heat or sunstroke Glon 6 2h. Weakness Ferr. Phos 6x 2h. Nervous Kali Phos 6x 2h. With uterine symptoms Act. R. 3x 2h. Effects of grief Ign. 30 4h. Worry and over-crowded ideas Coffea 30 4h. Indigestion Nux Vom 30 4h. Left sided during day. Spig 30 4h. Left sided during night after sleep or day and night Lach. 30 4h. Right-sided morning till evening Nat. Mur 6x-12x 2h.

Heart. Sudden sinking. Heart failure Acon 3x 15m. Palpitation on slight exertion Bell 3x 2h. Nervous palpitation Ign. 30 4h, or Coffea 30 4h. Palpitation with feeling of constriction about the heart or in chest. Cact. G. 30 4h. Hypertrophy of and threatened paralysis of the heart Naja 30 2h. Shooting pain in the region of the heart Spig. 30 2h. (also see Angina Pectoris).

Hiccough. Nux Vom 30 2h.

Hydrocele. Rhod. 30 4h. or Puls 30 4h.

Hysteria. During the attack Moschus 3 10m. During interval. Depressed or arrogant mind. Profuse menses Platina 30 4h. A lump rises from the stomach to the throat Ign. 30 4h. Choking sensation in the throat with difficulty in breathing Asaf. 30 4h. Suppressed menses Puls 30 4h. From reflex symptoms of uterus or ovaries with pains in head back and legs

Act. R. 3x 2h. Nervous with loss of sleep. Valer. 30 4h.

Impotency. Old sinners Complete impotence with coldness of genitalia especially after attacks of gonorrhea Agnus C. Q. gtt. v 6h. Due to sexual excesses, too much study or worry Avena Sativa gtt. x 12h. in warm water. With atrophy of the testicles. Painful discharge Sawpal metto Q. gtt. x 12h. The following mixture has been found to be very useful in majority of cases. Damiana Q. gtt iii, Acid Phos ix gtt ii, and Avena Sativa gtt ii in an ounce of water. In old people Lyco 200 once a day. Erection fails on attempt to coition Selenium 200 occasionally. Due to injuries Arn 30 4h. Other useful remedies are Acid Phos ix Nux Vom 30 Salix Nigra Q, Staph Q and Damiana Q.

Influenza. Influenzium 30 4h. is a specific. Dizziness and trembling Gels 30 4h. Aching of the body and restlessness Rhus Tox 30 4h. Ars. Bry and Bapt. are also used.

Insomnia (Sleeplessness). Kali Phos 6x-12x 2h. Unusual activity of the mind. Thoughts over-crowded Coffea 30 4h. Due to grief or disappointment Ign. 30 4h Hygrophilla Sp. 1x 3h is very useful.

Itch. Voluptuous itching followed by burning aggravated at night. Sulph 30 4h. After previous abuse of sulphur Sepia 30 4h. Inveterate cases Psor 200 once a week. Pustular eruptions Scabies Hap. S. 30 4h. or 200 once a week. Only in the joints. Skin cracked. Graph 30 4h. Burning Ars. 30 4h.

Jaundice. Recent. Stools white Merc. S. 6 2h. Loss of appetite headache and nausea Chionanthes ix 3h. With sharp stinging pains in the liver relieved by pressure. Bry. 30 4h. Chronic inflammation with diarrhoea Podo 30 4h. Pain extending to back. Constant pain in the inner angle of right scapula. Chel 30 4h. After eating highly spiced foods or alcoholic drinks Nux Vom 30 4h. A few mouthfuls of food fill the stomach. Pain in liver. Flatulence. Aggravation from 4 to 8 p.m. In children Cham 30 4h. Obstinate constipation Magnesia Mur 30 4h.

Labour. Pains inefficient. To promote expulsion of foetus Caul ix 30m. In nervous women Kali Phos 6x gr. x 15m. in hot water. In plethoric subjects congestive pains Beul 3x 1h. To correct the wrong position of the foetus Puls 30 1h. Pains after a very hard labour Ar.n 3x 2h. After pains in general Gaul 3x 2h. Xanthoxylum ix 2h.

Labour Fevers. After hard labour great soreness of the whole body Arn 3x 2h. High fever restlessness and anxiety Acon. 3x 2h. Blood poisoning Echin Q gtt v 4h. Good remedy for peurpural fever Pyrogen 39 4h. Milk fever. Congested breasts Bry. 30 4h. Fever after a rich diet. Puls 30 4h.

Leprosy. Hydrocotyle Q gtt. v 6h. Ars. Sulph Flavum 3x 6h. Pzor 200 once a week.

Leucoderma. Hydrocotyle Q gtt. v 6h. Ars Sulph 3x 6h. Psor 200 once a week.

Leucorrhea. Kali Phos 6x 2h. Profuse corrosive and running down to heels Alumina 30 4h. Yellow

bland with dysmenorrhea Puls 30 4h. Feels warm when passing Albuminous Borax 30 4h.

Liver. (see also remedies for jaundice)—Swelling of Ceanothus 1 6h. After malaria Malaria Off. 30 4h. Biliary colic Berb v. ix 3h. Liver very sensitive to touch or jerk. Persons subject to boils Hep. S. 30 4h. Liver hard. Loses flesh while living well lod. 30 4h. In infants Kalmegh Q 4h.

Lumbago. Aggravation at night or during rest. First motion painful but relieved by gentle movement Rhus Tox 30 4h. Due to sexual excesses Staph. 30 4h. Nux Vom 30 4h. During pregnancy Act. R. 3x 4h. Over-exertion Arn 3x 4h. (also see backache).

Mania. Immodesty, will not be covered, tears off clothes sings obscene songs Hycac 200 2h up to 4 doses. Then stop and await results. Furious delirium Red face Bell 3x 2h. Arrogance, thinks he is a God or King. Flatina 200 one powder. Nonsense talking, laughing, praying and beseeching Stram 200 one powder.

Marasmus. Wasting begins from the legs and extends upwards. Diarrhoea and low fever Abrot. 30 4h. Wasting begins in the neck and extends downwards Natr. Mur 6x-12x 2h.

Measles. Morbil 30 4h. Drowsiness marked Gels 30 4h. Diarrhoea during or after measles Puls 39 4h. Restlessness and pains all over the body Rhus Tox 30 4h. To bring out the eruptions Bry. 30 4h. During convalescence Sulph 30 one doze.

Menstruation. Dysmenorrhea. Labour like pains. Caul 2x 1h. Pains come and go suddenly. Shooting Bell 3x 2h. Delayed menses. Pains begin sometimes

before the menses start. Dark coagulated blood lumps. Puls 30 4h. Spasmodic pains relieved by heat Mag. Phos 6x 2h. Cramps Viburnum O. 30 4h. Excessive discharge of clotted blood Cocc. 30 4h. In fat women with chilliness and profuse menses Calc. C. 30 4h. Blood light coloured. Menses last for a day. Sadness. Sepia 30 4h.

Menstruation. Menorrhagia. Metrorrhagia. Normal menses prolonged Ferr. Met. 30 4h. Menses too early and profuse Borax 30 4h. With coldness of single parts, hands and feet Calc. C. 30 4h. Blood darkish Ham 1 2h. During climaxis with flushes of heat on the face Lach. 30 4h. In weak subjects Sec. C. 3x 2h. Uterine, weakness. Flow in paroxysms Sabina 30 4h. Almost a specific in most of the cases Ficus R. ix 2h. Epihysterinum 200 once a week may be given with or without other remedies.

Morning Sickness. Incessant nausea Ipic 30 4h. or Calc. Fl. 6x 2h. Nausea or vomiting even at the idea or smell of food. Sympheri Racemosa 200 3h. Malignant cases Kreos. 30 4h. Tabac 30 and Petr. 30 are also used.

Mumps. Swelling with great redness and throbbing pain Bell 3x 2h. Almost a specific remedy Parotid 30 4h. Second stages of inflammation Kali Mur 12x 2h. Marastasis to mammae or testicle Puls 30 4h.

Neavus. Thuja 200 or Vacc. 200 once a week and Thuja Q paint externally.

Neuralgia. Of the face. Right side. Bell 3x 2h. Left side Spig. 30 4h. Periodical Ars. 200 or sulphur 200 occasionally.

Neurasthenia. Kali Phos 12x 2h. Bad effects of continued grief. Weeping mood. Ign. 30 4h. Religious mania Lact. 30 4h. Proud Platina 30 4h.

Paralysis. Of the eyelids. Entire motor paralysis Gels. 30 4h. Of the face or tongue Bary C. 30 4h. Caust. 30 4h. Lower extremities Nux Vom 30 4h. Obstinate constipation Plumb 30 4h. Rheumatic origin Rhus Tox 30 4h.

Phelbitis. Ham. 1 6h.

Phtisis. In the beginning Ars. Iod. 30 4h. Galc. Phos 6x 2h. Rapid wasting Iod. 3x 4h. In fat people with chilliness and acidity Calc. C. 30 4h. Spitting of blood with or without fever. Acyl. I. 1x 4h. With coryza. After whooping cough Justicia A. 1x 4h. Lean and thin constitutions. Constricted feeling in the chest. Burning in chest or spine. Sputa blood streaked. Phos 30 4h. Bacc 200 once a week should be given along with other remedies. To relieve cough Dros 6 2h. Kali Carb 30-200 and Lycopodium 200 are useful in advanced stages

Plague. Ign. ix 1h or Plaguinum 30 4h.

Pleurisy. Sudden exposure to cold wind. Restlessness and high fever Acon 3x 2h. Sharp stinging pains aggravated by least movement cough or deep inspiration. Bry. 30 4h. If Bry does not act. Ran. B. 30 4h. Much effusion Apis 3x 2h. Sulph 30 occasionally is useful. Chronic Bacc. 200 once a week.

Pneumonia High fever, restlessness, within first 24 hours Acon 3x 2h. Ferr. Phos 6x 2h. Much congestion Verat. Ver. 3x 1h. Dry cough with pain in the chest Bry. 30 4h. Neglected or maltreated cases Lyco 30 4h.

Rattling cough Ant. T. 30 4h. When indicated remedies fail to act. Sulph 30 1 doze. All stages. Hard breathing. Bellowing of lungs. Hard cough. Tendency to attacks. Almost a specific remedy. Will prevent further development if given earlier Phos 30 4h. Sulph 30 occasionally repeated once.

Ptyalism. Merc. C. 3x 2h. Natr. Mur. 12x 2h.

Pyorrhoea. Tendency to gumboils. Offensive odour from the mouth. Merc. Sol 6 2h. Teeth burning black and painful to touch Staph 30 4h. The following tooth powder is useful. Sil. ix. Kali Sulph ix. Calc. Sulph ix each one ounce refined Chalk 3 ounces Glycerine 4 dr. mixed together.

Rheumatism. Shifting pains affecting many joints simultaneously Colch 3 4h. Muscles or joints become stiff when at rest. Pains relieved by gentle motion Rhus Tox 30 4h. Joints stiff. Feel as if drawn inwards. Caust. 30 4h. Synovitis. Pain relieved by cold application. Apir 3x 2h. Gonorrhreal Med. 200 once a week. Thuja 30 or Sarsp. 30 4h. Syphilitic Syph 200 once a week. Merc. V. 30 or Flouric Acid 30 4h. Joints sensitive to touch, swollen. Stinging pains. Especially knees and ankle joints. Ledum 30 4h.

Ringworm. Bacc 200 once a week. Tell 30 4h. White scabs Ars 30 4h.

Sciatica. Right side relieved by heat and pressure Mag. Phos 6x-12x 2h. Left side. Pain increased during or after sleep. Lach. 30 4h. Cramps and numbness Gnaphal 3 4h. In weak and old people Ars. Sulph Rub. 30 4h. Pain on coughing Caps. 30 4h. Legs become stiff on sitting Rhus T. 30 4h.

Serofula. Bacc. 200 once a week. Fat and flabby subjects. Sweat on heat. Feet cold Calc. C. 30 4h. Glands of stony hardness Iod 3x 2h. Tendency to skin eruptions Sulph 30 occasionally. Glands suppurated Sil. 12x 2h. Hep S 6 2h.

Sleeplessness. (see Insomnia).

Somnambulism. Kali Phos 6x 2h.

Spermatorrhea. Acid Phos ix gtt. v in a tumbler of water with meals. Due to self-abuse Staph Q. 8h. Giddiness and vertigo Gels. ix gtt. v 6h. In drunkards Nux V 30 4h. (also see Impotency).

Sterility. Agnus C. Q. gtt. v 6h. or 200 once a day. With membranous dysmenorrhea or albuminous leucorrhea Borax ix 4h. Fat women Calc. C 30 4h. Multifarious uterine disorders Abroma Aug. gtt. x 8h Uterine debility. Helonise Q gtt. v twice daily.

Stings. In general apply Ledum Q externally. Internally Apis 3x 1h. Urtica Uren Q 1h. Scorpion sting. Take a solution of common salt as much as the water can dissolve. Put a few drops of it in the ear of the side opposite to the seat of the sting and apply locally a pad of the lotion. This gives immediate relief. Snake bite. Drone Q gtt. xiii. 4h. till the patient feels better.

Subinvolution. Fraxin Am Q gtt. x 6h. Weak subjects with nervous irritability Lil. Tig. 3 4h. Sensation as if the whole abdominal viscera will go out. Must cross the legs to prevent it. Sepia 30 4h. To prevent excessive discharge of blood and pain Caul 3x 2h. Nux V. 30 4h. Calc. Flour 6x 2h. Calc. C. 30 4h. are also useful according to indications.

Syphilis. Merc. S. 2x 4h. When mercury does not relieve Nodes Kali Hydr. 1x 6h. After abuse of mercury Acid Nitr. 2x gtt. v 6h. Hep S. 6 2h. Burning in the chancre with irregular edges. Ars. 30 4h. Ichorous discharge Sil. 6x 2h. Suicidal tendency. Depression. Nose affected Aur. Mst. 30 4h. Syphilinum 200 once a week should be given without or with other remedies.

Tabacco Craving. A strong will is required to leave the habit. The following medicines help. To decrease the craving Nux V. 3x 4h or China 1 4h. A camphor pill should be chewed when there is a strong craving. Palpitation spig. 30 4h. Diseases of sight Phos 3 2h.

Tonsilitis. Acute pain and redness Bell 3x 2h. Pain on swallowing Phyto 1 2h. or Kali Mur 12x 2h. Chronic Becc. 200 once a week. Calc. C 30 4h. Bary C. 30 4h.

Tooth ache. Purely neuralgic Spig 3 4h. Plantago Q painted locally will immediately relieve. Caries of teeth Kreos 30 4h. Externally paint Cham Q. Pain aggravated when anything warm is taken in the mouth Cham 30 4h. Cumboil Merc. S. 6 2h. Pain relieved by cold water Coffea 30 4h. Aggravated by cold generally Calc. C. 30 4h.

Tumours. Recent and hard Calc. Flour 12x 2h. Soft or encysted Calc. C. 30 8h. or 200 once a week. Hard tumour of mamme or testicle Conium 30 4h. Phyto 6 2h. About the neck Lary C. 30 4h. or 200 once a week. Carcino sin 200, Thuja 200 or Syphilinum 200 given occasionally are useful.

Typhoid. In the beginning suspected. Bapt. 3x 2h.. After 2 days one doze of Sulph 30 should be given. Followed by a doze of Typhoidinum 200 if necessary after 24 hours. If fever still persists Pyrogen 20J one doze. Restlessness, great thirst Ars. 30 4h. Obstinate constipation and thirst Bry. 30 4h. Drowsiness, dizziness and trembling Gels. 30 4h. After the acute stage, when slight fever persists and does not clear up Psor 200 one doze.

Urine-Urination. Urine profuse and frequent Natr. Sulph 200 once a week. Scilla 1 6h. Profuse in old people Caust. 30 4h. Suppressed Camph ix or Tereb 3x $\frac{1}{2}$ h. Enuresis from worms Cina 30 4h. Wetting the bed in first sleep Sepia 30 4h. Involuntary on coughing or laughing Caust. 4h.

Urticaria. Apis 3x 2h. Aggravated by heat Natr. Mur 6x 2h. Due to indigestion Ant. C. 6 2h.

Uterus. Displacement of Fraxin A. Q gtt. v 6. Pressure as if everything will protrude from pelvis Sepia 3J 4h. Shifting pains in the abdominal region Puls 30 4h.

Variola. Variolinum 30 4h. Pustular stage Ant. T. 30 4h. Convalescence Sulph 30 1 doze.

Vertigo. Gels. 30 4h. Nux V. 30 4h.

Warts. Thuja 30 4h. Externally paint Thuja Q twice daily. Easily bleeding Act. Nit. 30 4h.

Whooping Cough. Dros. 30 one powder should be given in purely epidemic cases. Should not be repeated. It will cure in 8 days. After this if necessary Coque 200 once a week. With coryza Justicia A ix 4h. Spasmodic Mag Phos 12x 2h. Cup Met 30 4h.

Worms. Cina 30 4h. Embelia Ribes 1x 2h. Natr. Phos 6x 2h. In scrofulous children Calc. C. 30 4h. Intercurrently Sulph 30 occasionally. Bacc. 200 or Scirrhinum 200 once a week may be given with other remedies. Hookworms Cheno. 6 2h.

Writers' Cramp. Cup. Mst 30 4h. Mag. Phos 6x 4h. or 200 once a week. History of some mechanical injuries Sulphuric Acid 30 4h. Weakness of the wrist joint Gels. 1 4h.

Om Shantih ! Om Shantih !! Om Shantih !!!

APPENDIX

I. Health Calender

- Sunday 1. Observe the laws of health.
- Monday 2. Brahmacharya helps to attain good health and long life.
- Tuesday 3. Lead a well regulated life.
- Wednesday 4. Do not allow flies to sit on food. Flies are carriers of Cholera, Typhoid and Dysentery.
- Thursday 5. Give up tobacco and other narcotics.
- Friday 6. Remove constipation. You will have no piles.
- Saturday 7. Moderation in food is a stepping stone to health and long life.
- Sunday 8. Sun-bath is indispensable to health.
- Monday 9. Take care of the stomach. You will keep well.
- Tuesday 10. A simple diet is conducive to health and longevity.
- Wednesday 11. Pure air is the best of all tonics
- Thursday 12. Deep breathing strengthens the lungs and removes various diseases.
- Friday 13. The diet must consist principally of ripe fruits and nuts.
- Saturday 14. If you want to live for one hundred years, do not smoke or drink. Do not eat meat.
- Sunday 15. Tea is as injurious as alcohol.

- Monday 16. Over-eating is a vice which introduces poisons in the system.
- Tuesday 17. Fast starves the disease.
- Wednesday 18. Self-control leads to eternal bliss.
- Thursday 19. Light is indispensable for health.
- Friday 20. Unnatural diet invariably produces diseases.
- Saturday 21. Uncontrolled sex-impulse causes great sufferings.
- Sunday 22. Unnatural life shortens the span of life.
- Monday 23. Purify the blood by taking fresh fruits.
- Tuesday 24. A return to natural life is the first step to recovery.
- Wednesday 25. Anger produces heart diseases.
- Thursday 26. Wholesome nutritious food is a sheet-anchor against physical ailments.
- Friday 27. Fruits contain all the curative medicines.
- Saturday 28. Open air life is an infallible cure for consumption.
- Sunday 29. Constipation is the cause of all diseases.
 Combat against it successfully.
- Monday 30. Cheerfulness is a healthy tonic. Be cheerful always.
- Tuesday 31. Nuts are the most valuable substances.

II. Health Alphabet

- A. Alcohol is an enemy of health. Shun it absolutely.
- B. Buttermilk helps digestion. It is useful in dysentery, dyspepsia.

- C. Carrot is a beneficial article of diet. Take it in a raw state.
- D. Drugging must be avoided. It spoils health.
- E. Exercise is indispensable for keeping up a high standard of health.
- F. Fasting eliminates poisons from the system and removes many diseases.
- G. God bestows good health on virtuous persons.
- H. Health is above infinite wealth and treasure.
- I. Indigestion is cured by fasting.
- J. Juicy fruits supply abundant energy in a short space of time.
- K. Kaya Kalpa treatment rejuvenates the body and gives abundant health and energy.
- L. Lemon juice cures scurvy. It is an important article of diet.
- M. Milk is a perfect diet. It contains all constituents of diet in proper proportion.
- N. Nature cure is the best form of treatment.
- O. Orange juice is very invigorating and vitalising.
- P. Papaya contains papain. It helps digestion.
- Q. Quality of food is more important than quantity.
- R. Rheumatism is cured by Sun bath and steam-bath.
- S. Sun-bath has wonderful effects. It replenishes Vitamin 'D'
- T. Torpidity of liver is removed by eating tomatoes, which contain vegetable calomel.
- U. Uric acid and urea are removed by fasting.
- V. Vitamins are life-giving substances.

- W. Water-cure or hydrotherapy is nature's best cure for eradication of diseases.
- X. Xerophthalmia is a disease of the eye due to deficiency of vitamin 'A' in the food.
- Y. Yellow fever can be easily treated by nature cure.
- Z. Zerosis is a disease of the eye due to deficiency of vitamin 'A'.

III. Composition of the human body.

Water	65 per cent.
Protein	15 per cent.
Fat	14 per cent.
Salts	5 per cent.
Other organic compounds	1 per cent.
		Total	100 per cent.

IV. An average man is made up of :—

			Grams
Muscles	28,732
Fat	11,765
Bones	11,575
Blood	4,500
Liver	1,819
Brains	1,436
Stomach	1,364
Lungs	995
Kidneys	305
Heart	301
Glandular system	232
Spleen	163
Spinal cord, nerve roots, etc.	100
Eyes	27
		Total	63,314

GLORIES OF SWAMI SIVANANDA

I have read recently your book "Science of Pranayam" which is written in a very lucid, elegant and beautiful style. Even a layman can follow it easily. Indeed it is very helpful and guide to me.

Shiva Prasad, Hyderabad Dr.

I derive immense pleasure in going through your books. Whenever I feel morose, whenever I feel dull, whenever my mind wanders I read your books and they at those times act like a tonic. One should not think that it is enough to go through your books once only. One should make it a practice to read all your works twice every month or even more if possible. Every time one reads, some doubts are cleared and new ideas come. I have just now finished reading your Japa Yoga for the third time.

A. Muthuswamy, B. A., Shiyali.

I am inspired by your books. I have read your book "Mind, Its Mysteries and Control" thoroughly. I understood the right significance of every sentence in the book. As your good-self has rightly stated in the book, mind can do and undo many things.

I happen to be interested in Hatha Yoga and your books have been a great help to me in my daily practices.

V. P. Sirothia, Poona.

Sangita Lila Yoga is a book which serves as a fillip to the flogging zeal of aspirants and it is a preventive to their stumbling against the many obstacles in the difficult path of Yoga. I have risen all the firmer from my own reading.

S. S. Kumar, Moradabad.

Some days back I brought some books written by your good-self from T. A. Ramarao who is the president of the Divine Life Society here and I cannot explain how much help and zeal those books provided.

A. K. Chopra, Madras.

Your book 'Japa Yoga' is unique among all of your publications.

B. K. Chakravarthy, Khamaria.

I came across your book named "Sure Ways for Success in Life and God-realisation." The very title of the book drew my attention. I picked up the book and went through it. I found it a very good book. The very moment I finished the book my mind went under a wonderful change. I cannot suppress my feeling to have your 'Darshan'. The book has left an everlasting effect on me. I am doing in practice what I have read.

Gopinath, Agra College.

"Gyana Yoga" has been of great help to me and Sadhaks will find this book of infinite value.

Rajani Mohan, Calcutta.

I have just finished your "Sure Ways for Success in Life." It is a marvellous book. It penetrates deep

through into the heart. It is a marvellous book of incalculable value. It is really what Lord Mohammed says, only titles are different. Will you therefore, very esteemed sir, give me a chance to purify myself and thus lead me.

Ataur Rahman, K. Field.

Whenever I feel depressed or discouraged I just look at your Divine Photo and Pray "Hare Rama Hare Rama, Rama Rama Hare Hare." I get immediate relief.

Lilian Shamash, Bombay.

I just now come to know of the Swamiji's work. I am getting all his publications. I have tested a few in the beginning and afterwards I come to know every book is an inspired one. Every word of his is absorbed in me. The books have cleared my doubt which troubled me for several years. Indeed the message of the sage is unique.

Fra. Tongyoo, Deoli Ajmer.

"Divine Life" is giving life to the depressed and down-trodden. Many can have intimate talk with you through your book "Practice of Karma Yoga". More books and messages have been written by you on God and religion than by any other living person.

S. Arunachalam, Cossipore.

According to the instructions given in the book "Easy Steps to Yoga" and "Yoga Asans" I am practising the Asanas and also observing the rules of Brahmacharya, Mithahara, etc. I have been practising these things since June 44, and in this short interval

of time, I have progressed well. Thanks to the Lord who had inspired me to go through your books.

N. Subramanyam, Hyderabad Dn.

I have gained much relief and comfort by reading your publications and magazines for several years.

Mrs. Tambiah, Colombo.

The study of your books inspired me to write this epistle with divine love and respect.

M. Kodandaraman, Mysore.

While I was drowning in the ocean of the sins, saw one ship was coming to me, that was the 'Stories from Yoga Vasishta' presented by Subedar Raj Ratna. I got in the ship soon, but I do not know how to drive through the waves of the miserable ocean. I have already gone through your books Raja Yoga, Yoga Asans, Brahmacharya Natak and Gyana Surya series which are wonderful and invaluable.

K. A. Kunjappu, 18. A.B.P.O.

Your books Spiritual Lessons Parts I and II and Easy Steps to Yoga are guiding me on the path to God-realisation. I hope within a short period I will be able to realise my ambition in this birth itself.

T. K. Seshan, Pudukkottai.

I am making a very very rapid progress in Sadhana by your holy grace. When I read your writings I feel as if you are talking with me face to face. Your every word is a gospel for me. Once I read and at once it is committed to my memory word to word. I pray to you

to help me this way all along my Sadhana. Samadhi Yoga your best book has been a master work for me.

Sri Ambalal, Kalol.

Sri Rama Tirath's Vedanta is very beautiful but it is emotional Vedanta. He has not written anything on Karma, Bhakti, Yoga. Swami Vivekananda's Vedanta is indeed beautiful but it is all intellectual Vedanta. He has written on Bhakti and Karma also, but it is not touching. But Swami Sivananda's Vedanta is practical Vedanta based on realisation.

Everything is practical in his writings. His writings on Bhakti, Yoga, Karma, Vedanta, etc., are equally very touching and inspiring. He inspires the readers by his charming style, beautiful expression and simple, lucid descriptions. He has left no subject unexplained. His writings apply to one and all in every walk of life. He has written on all Yogas with the same force, beauty and practicality and masterliness. His writings are out of practical inner experience or spiritual Anubhav. You will find the same pinnacle of glory in his works on Karma, Bhakti, Yoga and Vedanta. This is the special feature in his writings which you will never find in the writings of any one else.

Sri Bhasker Roy, B. A., Tatanagar.

Sangita Lila Yoga is the third book of the Yoga Sadhana Series brought out by Swamiji. The author is a reputed Sannyasin, but not one among those who retire from the world and sever all connections with it, passing their days merely in self-purification and

contemplation. Swami Sivananda has maintained contact with his countrymen through his publications and has been doing immense service to them by his spiritual preachings through his writings. In the present book he has placed the gist of the Ramayana, the 90 Lilas of Lord Krishna, the Yoga Sadhana and the Upanishads garbed in the Kirtan style. It is, as the publishers say in their note, both Nama Japa and Smaran combined as every line is associated with the Lord's name. The mind is purified by constant Sankirtan, says Swami Sivananda. Daily Sankirtan strengthens the good Samskaras. The present work thus serve as a handbook to young men to create in them the thirst for salvation. The author holds that whatever may be the outlook and cast of mind of other nations, so far as Indians are concerned, it is the cosmic approach which holds best prospects of life's problems.

The author has dealt with an abstruse subject in a most interesting manner and the language is delightful and elegant. The reader is bound to derive immense benefit by a perusal of the book which is beautifully printed and neatly got up. Its division into 14 small chapters on the various aspects of the subject keeps it absolutely free from the least trace of monotony that its abstractness might cause. P. B.

The Indian Nation, Patna 11-2-45.

DIVINE LIFE SOCIETY ACTIVITIES

1. *The Headquarters* of the Society is housed in Ananda Kutir on the banks of the Ganges at Rishikesh. Here labour, a band of Sanyasins, whose lives are entirely dedicated to the service of humanity. They learn and put into practice the Yoga of Synthesis and function actively for this dynamic spiritual centre.

2. *The Sivananda Publication League* looks after the publication of the inspiring and invaluable literature of Sri Swami Sivananda which have brought consolation, peace and hope to thousands and offer in a scientific combination the theory and practice of various Yogas to help to obtain the vision of God.

3. *The Membership* of the Divine Life Society is open to all who pledge themselves to practise Ahimsa, Satyam and Brahmacharya to the best of their ability and pay an initial admission fee of Rs. 5/- and annual membership fee of Rs. 2/-. The members are entitled to the monthly 'Wisdom Light' and a Sadhana Set.

4. *Correspondence Section* clears doubts and helps the aspirants in their Spiritual Sadhana. Individual replies from Sri Swami Sivanandaji provide guidance, hope, illumination and courage to the faltering and the

despondent. A unique method of maintaining spiritual diary is one of the most effective techniques of Sri Swamiji to induce constant introspection and bring about a quick progress in Sadhana.

5. *The Sivananda Primary School* imparts the knowledge of 3 Rs. to the children of the locality besides religious education, training in Kirtan, Gita recitation, lectures and selfless service. It is a model institution of ideal work. The Ashram also maintains resident students.

6. *Students are trained*, under the direct supervision of Sri Swamiji, in the path of Yoga so as to serve as fresh nuclei for spiritual awakening all over the world.

7. *Daily Classes*, on Yoga, Bhakti, Vedanta, Asans, Pranayama, common Prayer, Satsangh, Japa, Kirtan and meditation are held.

8. *The Charitable Dispensary* at the Ashram attends to the needs of the locality, distributes medicines free and where necessary, provides special diet to the patients.

9. Some of the doctor-sadhaks, who come to the Ashram, visit the neighbouring Ashrams and villages on *medical mission* and cure the sufferers and the needy.

10. *Magic Lantern lectures* are arranged during important functions and propaganda tours are conducted by the Sadhaks.

11. *Cine-films* are produced for the benefit of posterity and for persons who are unable to come in direct contact with Sri Swamiji. They deal with the

life and teachings of the Swamiji, Ashram activities and Yogic exercise.

12. Similarly, 23 *Gramophone Records* ring with the soul-stirring songs, Kirtans, messages and lectures in Swamiji's own voice. They have proved to be of immense value as a means for Satsangh.

13. The reference and research *Library* contains a large number of valuable books in several languages written by famous writers of the East and West. It has proved to be a great boon to the resident-Sadhaks and visitors.

14. In the *Viswanath Mandir* at the Sivanandaashram, regular daily Pooja with all the Vedic rites, is conducted for the weal of humanity. Special Poojas, prayers, Anushtana, and Kirtans are also conducted at the request of devotees for individual and general welfare. A number of Sadhus and the poor are fed on such occasions.

15. *Sadhara Weeks* are conducted twice every year at regular intervals with a well arranged programme of practical Sadhana. Valuable instructions are given by the revered Swamiji and by learned and experienced Sadhus and Sadhaks. This is an effective, educative and elevating training in Sadhana and promotes sound spiritual energy, courage and mental strength in the aspirants.

16. To the Yatris of *Kedar-Badri*, Ananda Kutir has become an abode of rest and recuperation. Here, they are sure to get necessary facilities for their onward journey and 'no-go-but-must-get' rest and refreshment on return journey.

17. The Society's *Monthly Magazine*, the "Divine Life" is the messenger of Divine knowledge. Inspiring and illuminating articles by Sri Swami Sivanandaji as well as by other eminent writers on the practical aspect of religion, Sadhana and realisation provide a spiritual pabulum to millions of aspirants. The Journal has several serials and special interesting features. Notes and reports of the Society's activities both at the Centre and in the branches are also published in it. The annual subscription is Rs. 3/-.

18. *The Ayurvedic Pharmacy* is maintained at Ananda Kutir, where selected specifics for vitality, vigour and general health such as Chyavanprash, Brahmi Medicated Oil, Shilajit, Danta-rakshak Tooth Powder, Brahmacharya Sudha, etc., are prepared under expert guidance and with fresh Himalayan herbs and other ingredients. The sacred Ganga Jal charged with Divine Name is used in all preparations.

19. All the *Branches* of the Society in different parts of the country and abroad are kept in close touch with the Centre and guided in their general management and activities.

20. *The Sivananda Art Studio* at Ananda Kutir supplies to aspirants photos of Sri Swamiji Maharaj in various poses which is necessary for their meditation. It supplies also photos of Yoga Asans, Sri Viswanath Mandir, Lord Krishna, the Sivananda Ashram &c at moderate prices.

Ananda Kutir,
Rishikesh

Secretary,
The Divine Life Society.

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